FEMALE'S

MEDICAL

GUIDE.

CONTAINING A

DESCRIPTION OF THE CAUSES, SYMPTOMS AND CURE OF

DISEASES PECULIAR TO FEMALES

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THE

FEMALE'S MEDICAL GUIDE

AND

MARRIED WOMAN'S ADVISER;

CONTAINING A DESCRIPTION OF

THE CAUSES, SYMPTOMS AND CURE OF DISEASES PECULIAR TO FEMALES,

WHETHER MARRIED OR SINGLE,

FROM EARLY CHILDHOOD TO OLD AGE;

SUCH AS

RETENTION, SUPPRESSION AND CESSATION OF THE MENSES—DIFFICULT AND IRREGULAR MENSTRUATION—PREGNANCY, ITS INDICATIONS AND ATTENDANT DISEASES—MISCARRIAGE OR ABORTION—MIDWIFERY, THE TURN OF LIFE—CAUSES AND CURE OF BARRENNESS,

AND

FEMALE COMPLAINTS GENERALLY.

The whole adapted to the Private Use of Families.

BY H. B. SKINNER, M. D.

BOSTON:
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DEDICATION.

To the female portion of our community, especially those who have the happiness to become mothers, this little volume is most respectfully inscribed, in the belief that it will be duly appreciated, and be instrumental in mitigating their physical ills, and prolonging the natural lives of their tender offspring, and thereby making their brief sojourn here a pleasant and desirable thing



PART SECOND.

FEMALE'S
PRIVATE GUIDE TO HEALTH

MISCELLANEOUS SUBJECTS.

CHAPTER I.

INFANCY, CHILDHOOD AND YOUTH.

It is during infancy that the foundation of a good or bad constitution is generally laid; it is therefore very important that mothers should well understand the various causes which may injure the health of their tender offspring.

However slight the difference between the male and female infant may appear at the moment of birth, but a short time elapses before the observer may detect the distinctive peculiarities of action in the two sexes. In the male, all the motions are performed with more energy, and their care is usually more fatiguing to the attendant; both, however, are characterized by such marked activity of the nervous system as predisposes them to a high degree of susceptibility to disease; and this must be distinctly recognized, and acted upon by those who have the care of infants.

We allude to it thus early, because we are satisfied that mothers must have these peculiarities constantly in view, if they would give nature an oppor-

through life's narrow vale a comfortable and happy one. Let no one scout the work because it is a small one. If it is less profuse and elaborate than its contemporaries, it is none the less useful, as all large and voluminous treatises are apt to be encumbered with a redundancy of unmeaning words, which serve no profitable purpose other than to help make up a superfluous volume for the especial pecuniary emolument of its proprietors.

In the minds of married women, and especially in young females, those feelings of delicacy naturally and commendably exist, which prevent a full disclosure of their circumstances, when they find it necessary to consult their medical advisers. To meet this difficulty, and also to counteract the ill-advised suggestions of ignorant persons during these critical periods, is the chief object of this work. She will find no difficulty in *reading* information upon some delicate subjects, upon which she can never feel to freely express herself. There are many little circumstances, too, in which it does not occur to seek for advice, of the nature and result of which she ought not to be ignorant. Young married women are especially liable to many needless, yet harassing fears, which it has been the anxious object of the author to remove, by showing that they have no foundation in truth. It has often been necessary to be minute, but *that*, it is imagined, will not be regarded as an imperfection.

It was the design of the author to illustrate the work with several suitable plates, but upon reflection it was considered that, though they might serve a useful purpose in exhibiting derangements of the various organs treated upon, yet it was considered the effect upon youthful minds might be injurious. While we labor to communicate valuable instruction,

we shall also endeavor to do no harm. We trust we have made this little book so chaste in its language, that no *married woman* will regret its publication, or refuse to receive it as a welcome messenger of good to her home.

For want of the very information contained in these pages, thousands of married women are now suffering with pain and disease; their fair and youthful daughters also fade and die prematurely, when a little *timely* aid would have saved them from an early grave.

Female diseases are peculiarly insidious, and many delicate mothers and daughters will not reveal their troubles, or call in their physician, until the period of safety is over. It is hoped, therefore, that our work will in this respect supply an important desideratum.

CHAPTER II.

SIGNS BY WHICH PREGNANCY MAY BE KNOWN.

THERE are certain signs which a female is taught to regard as essential evidences of pregnancy; and it is supposed by most, if not by all women, that their presence is absolutely necessary to the existence of this state. In reference to one or two of these signs, this is far from the fact; for they are not unfrequently absent, although pregnancy exist, and the remainder may be present, although pregnancy be absent. Many a female, I am confident, has, from this very circumstance, experienced much difficulty in attaining certainty as to her state, and suffered months of anxiety and doubt. This has arisen from a want

of those clear notions, and that precise information, which a question so important demands.

The object of this chapter is to remove this difficulty, by presenting a short account of those symptoms of conception which the female may herself observe, and to point out to what extent they may be relied on. It will be necessary to notice only *four* of the signs or symptoms of pregnancy, and they may be considered in the order in which they usually arise. 1. Ceasing to be unwell. 2. Morning sickness. 3. Shooting pains, through enlargement and other changes of the breast. 4. Quickening, &c.

First Sign.

Ceasing to be Unwell.

The first symptom of pregnancy is the omission of that regular monthly return, which, in female phraseology, would be described as "ceasing to be unwell;" and it may be adopted as a general rule, that, in a healthy woman, whose menstruation has been established, and continued regular, and who is not nursing, "conception is followed by a suppression of the menstrual discharge at the next return of its period." Thus a female may have been pregnant a week or two already; but she is not aware of it till that period of the month arrives when she is accustomed to menstruate, and then, when she expects to be unwell, she finds that she is not so.

Now, this symptom answers as a general rule; yet it admits of four exceptions, viz.:—

1. A young female may become pregnant who has never menstruated

Many cases are on record proving this point. Dr. B. tells us of a young girl not seventeen years of age, and yet was in her sixth month of pregnancy. Menstruation occurred subsequent to confinement.

A remarkable case is mentioned by Morgagni: "I was acquainted," he says, "with a maiden of a noble family, who married before menstruation took place, though the menses had been expected for some years; nevertheless, she became exceedingly fruitful. We were the less surprised at this circumstance, because the same thing had happened to her mother."

2. A mother, while she is nursing, and not menstruating, may become pregnant.

It is scarcely necessary to advert to the well-known fact, that a woman may conceive while she is nursing, without any previous return of the monthly discharge, except to expose the popular error, "that a female will not become pregnant during lactation, i. e., nursing." This is very far from being the case. Poor women are much in the habit of nursing their infants eighteen months, two years, and even two years and a half, in order to protect themselves, as they imagine, from becoming pregnant; and many a poor creature have I seen with exhausted frame and disordered general health, arising from protracted nursing, pursued alone from this mistaken notion.

Dr. B. says that more than one third of those who called upon him for attendance in their confinement, conceived at least once, and many of them oftener, while nursing.

3. A female may continue to be *unwell* during the first three or four months of pregnancy.

That a female should become pregnant, and yet

be unwell during the first three, four, or more months of pregnancy, may appear an extraordinary statement; but it is a fact, that the menstrual discharge sometimes continues in its usual regularity for two, three, or more months after conception, and without any dangerous consequences.

It may occur *once* only after conception, either in diminished quantity or more profuse than usual. It may thus give rise to miscalculation as to the expected time of confinement.

It may continue in its usual regularity for *two* or *three months*, or it may occur through the *whole* period of pregnancy.

4. Women sometimes become pregnant late in life, after menstruation has apparently entirely ceased.

It often happens, that, just before the change of life takes place, there appears in the constitution of some females a great disposition to pregnancy; so that many who have ceased to bear children for years, or have been hitherto barren through the whole of their married existence, at this time, to the surprise of their friends and themselves, become pregnant.

When, therefore, a female ceases to be unwell, and experiences other symptoms of pregnancy, she must consider her situation as yet uncertain, because these signs are common to disease as well as pregnancy. But if, toward the third month, while the suppression continues, she recovers her health, and if her appetite and color return, she needs no better proof of pregnancy; for, under other circumstances, her health would remain impaired, and even become worse.

Second Sign.

Morning Sickness.

Soon after conception, the stomach often becomes affected with what is called "morning sickness." On first awaking, the female feels as well as usual; but, on rising from her bed, qualmishness begins, and, perhaps while in the act of dressing, vomiting takes place.

This symptom may occur almost immediately after conception; but it most frequently commences for the first time between two and three weeks after. Now and then, it is experienced only the last six weeks or two months of pregnancy, when it is attended, generally, with much distress and discomfort. And lastly, it is not unfrequently absent altogether.

It continues, more or less, during the first half of pregnancy, and subsides about the time when the movements of the child begin to be felt.

The nausea and vomiting of pregnancy are not accompanied by any other symptom of ill health; but, on the contrary, the patient feels as well as ever in other respects, and perchance takes her meals with as much appetite and relish as formerly; but while doing so, or immediately after, she feels suddenly sick, and has hardly time to retire, when she rejects the whole contents of her stomach, and very shortly after, is quite well again. Not so with sickness arising from disease, or disordered condition of the stomach.

Third Sign.

Shooting Pains, Enlargement, and other Changes of the Breast.

When two months of pregnancy have been completed, an uneasy sensation of throbbing and stretching fulness are experienced, accompanied with tingling about the middle of the breast, centring in the nipple. A sensible alteration in their appearance soon follows: they grow larger and more firm. The nipple becomes more prominent, and the circle around its base altered in color and structure. And as pregnancy advances, milk is secreted.

The time when these changes take place, varies. Sometimes they occur very soon after conception; in others, they are scarcely discernible until pregnancy is far advanced, or near its termination.

Enlargement of the Breast. — The dependence which may be placed upon the enlargement of the breast only, as an evidence of pregnancy, is not very great; and considered alone, but a doubtful sign. This change may be the result of causes unconnected with pregnancy; but when thus occasioned, the breast will continue to enlarge; when from other causes, it will soon subside.

The Nipple. — The changes of the nipple determine more accurately a state of pregnancy than any other sign.

About the sixth or seventh week after conception has taken place, if the nipple be examined, it will be found becoming turgid and prominent, and a circle forming around its base, of a color deeper

in its shade than rose or flesh color, slightly tinged with a yellowish or brownish hue, and here and there upon its surface will be seen little prominent points, from about ten to twenty in number. In the progress of the next six or seven weeks, these changes are fully developed; the nipple being more prominent and turgid than ever; the circle around it of larger dimensions, of an extent of about an inch or an inch and a half; the skin being soft, bedewed with a slight degree of moisture, frequently staining the linen in contact with it; the little prominences of larger size, from the sixteenth to the twelfth of an inch, perhaps; and the color of the whole very much deepened, but always modified by the complexion of the individual, being darker in persons with black hair, dark eyes, and sallow skins, than in those of fair hair, light-colored eyes, and delicate complexions. This, then, is a most valuable sign; yet even this cannot always be relied upon.

The Existence of Milk. — With regard to the presence of milk in the breasts, — as this is a symptom which may arise, and does very generally, in the latter months of gestation alone, when the existence of pregnancy has been long determined, it is only mentioned here to refute the popular error, that "the presence of milk in the breasts is an infallible proof of pregnancy." It is no such thing, and many well-recorded instances could be brought forward to prove the possibility of its formation under circumstances totally independent of pregnancy.

Belloc speaks of a servant-girl who, being obliged to have sleeping with her an infant who was being weaned, and which, by its crying, disturbed her rest, bethought her of giving it her

breast, to appease its clamor; and the result was, that in a short time she had milk enough to satisfy the child.

Fourth Sign.

Quickening.

By *quickening* is meant the first sensation experienced by the mother of the life of the child in the womb.

The first time this motion of the child occurs, the sensation is like that of the fluttering of a bird within her, and so sudden that she frequently faints, or falls into an hysterical paroxysm. A day or two passes by, when it recurs. It afterward increases both in frequency and degree, until the movements of the child are fully recognized.

It is proper that a female should be informed that the *period* when quickening takes place is very uncertain; for an impression is popularly prevalent that it always occurs *exactly* at the end of four calendar months and a half. This is not the case. It varies in different women, and in the same women during different pregnancies. It takes place more frequently between the twelfth and sixteenth week, than before or after these periods. Some mothers have given birth to children without feeling this symptom at all.

CHAPTER III

DISEASES OF PREGNANCY — THEIR PREVENTION AND MANNER OF CURE.

The effects of pregnancy vary much, according to the constitution of the female.

Sometimes a very salutary change is produced, so that the individual enjoys better health during gestation than before. The delicate and sickly girl, for instance, — the propriety of whose marrying was a matter of doubt among her friends, — becoming pregnant, instead of realizing the apprehensions and fears of those most dear to her, will sometimes acquire new life and vigor from the altered circumstances of her condition. On the other hand, speaking generally, it is sometimes the case that harassing and painful symptoms will arise. Those are designated the "diseases of pregnancy."

1. Morning Sickness.

Nausea, or vomiting, is one of the most common and distressing affections of pregnancy. It is chiefly troublesome in the earlier months of gestation, continuing until the period of quickening, when it decreases, or ceases spontaneously; or it does not occur until the later months of pregnancy, when it subsides only upon delivery. I shall consider these states separately; and various remedies have been employed to relieve the morning sickness during the first months of pregnancy. The following may be used with perfect safety, and usually with success.

1. Fifteen grains of magnesia, one drachm of tincture of columbo, and an ounce and a half of peppermint water. Take a swallow twice a day.

2. Or take a tumbler of warm chamomile tea, or warm water, before rising from bed; it will induce immediate vomiting, and thus tranquillize the stomach, and lessen the morning attack.

3. Or take a mixture composed of rhubarb, carbonate of soda, and peppermint, (pulverized,) in equal parts. [To a large teaspoonful add half a pint of boiling water; when cool, strain, sweeten with loaf sugar, and add a tablespoonful of brandy. Dose — A tablespoonful once or twice a day.]

4. A plaster of burgundy pitch, sprinkled over with powdered opium, and applied to the pit of the stomach, has been found of great service. It subdues the irritability of the stomach, and relieves the nausea.

When the stomach is very acid or bilious, take fifteen or twenty grains of magnesia in a wine-glass of milk, or a teaspoonful of powdered charcoal in a tablespoonful of lime water, or a tumbler of soda water; or lemon-juice and water will overcome acidity when alkalies fail. Either of the above remedies may be safely used.

Take care to keep the bowels open by a gentle dose of epsom salts taken every second morning

Take a light but nutritious diet, and gentle exercise in the former part of the day.

2. Heartburn.

Heartburn is a very common complaint of pregnancy, and occurs early after conception; sometimes, however, not till after the fourth month; and occasionally is absent altogether.

Its Cause. — It is produced by an acid forming in the stomach, which rises into the throat, and, from the sensation it occasions, is called *heart-burn.*

The patient will find relief in this complaint by the use of a little magnesia, or prepared chalk, or lime water and milk. When it is very severe, and the above remedies fail, take a draught composed of fifteen grains of magnesia, ten drops of the solution of the subcarbonate of ammonia, and an ounce and a half of peppermint water. This, taken for three or four days, will remove the complaint. If the bowels are confined, keep them moderately open with epsom salts. Be careful also of the diet.

3. Costiveness.

A costive state of the bowels is one of the most common and most troublesome diseases of pregnancy.

Causes. — It arises partly from the increased activity which is going on in the womb, and partly from the pressure of the now enlarged and expanded womb on the bowels themselves.

Cure. — In this disease, medicine is not always necessary. A laxative diet, such as brown bread, mush, or hasty pudding, made from rye or Indian meal, and eaten with molasses, the free use of the dried laxative fruits, as figs, dates, stewed prunes, and our native fruits when ripe, will often enable the patient to dispense with medicine.

If this does not answer, take a tablespoonful of castor oil, and repeat the dose in four hours. If the bowels do not move, injections of blood-warm water will be found the most salutary of any thing, as it will accomplish the end without reducing the strength of the patient.

4. Diarrhœa.

This is a disease the very opposite of costiveness, and one which frequently occurs during pregnancy.

There is but one mode of treatment required in this complaint. Medicine is seldom to be used; a proper regard to the diet will correct the evil. The food must be sparing in quantity, of the mildest quality, and such as to leave, after the process of digestion, as little excrementitious matter as possible.

In a recent attack, the *first* day, the patient should only take mild drinks, containing a small quantity of unirritating nutriment; such as barley water, or arrow-root made with water. During the *next* day, or *two*, the same diet must be continued, but may be given in larger quantity, and of greater strength. Tapioca, sago, and rice gruel might be added to the list. When the irritation is somewhat allayed, on the *third* or *fourth* day, perhaps broth may be taken; but no solid food of any kind, least of all solid animal food, until the disease is removed or greatly allayed. As soon as this is the case, a small quantity of the lightest animal food may be taken: where the diarrhœa has been of long standing, a *drier* diet is best. Rice well boiled, and merely moistened with a little broth, is the best and one of the most desirable articles of diet in such cases.

5. Piles.

Pregnant women are very subject to the piles, yet they will usually (if slight) soon disappear, as the bowels are restored to a healthy action. Habitual costiveness is the most common cause of

piles, and as pregnant women are more subject to this disease than others, it should be very carefully guarded against. The treatment for the piles is very simple — both general and local; injections of warm water and molasses have been very highly recommended.

Castor oil may be used in small doses. When medicines are taken to act upon the bowels, it should be done so as to have it operate in the evening *only*, as the rest of a long night will obviate all inconvenience.

The *diet* must be sparing in quantity, mild in quality, and such as to leave, after its digestion, as little to pass through the bowels as possible.

6. Swelling of the Feet and Legs.

In the course of pregnancy, during the latter months particularly, the feet and legs frequently become much enlarged. It is partly owing to the pressure of the womb, but sometimes apparently independent of it. The female suffering from this complaint, always goes to bed with legs much swollen, but towards morning her face swells, and the enlargement of the legs disappears to a greater or less extent, returning, however, as the day advances.

Cure. — Sometimes this disease is very trifling in its character, and in ordinary cases, except aperients, no medicine is necessary, and support may be given by a well-applied flannel roller; but when the swelling is extensive and permanent, remaining in the same degree after the patient has been for several hours in bed, and connected with uncomfortable sensations in the head, and accelerated pulse, medical aid should be called in.

7. Palpitation of the Heart.

If this disease occurs for the first time during pregnancy, it is very certain that it is not connected with a disease of the heart itself. It is therefore without danger, although very distressing.

Cure. — When it first comes on, put the hands and arms in water as warm as it can be borne, — apply friction to the bottoms of the feet, and keep very quiet.

Take a draught as follows : Compound spirits of ammonia, half a teaspoonful; camphor mixture, a wine-glass. Keep this on hand and ready for use. Fatigue and all exertion must be avoided, and the mind kept perfectly tranquil.

8. Fainting Fits.

Fainting may occur at any period of pregnancy, but is most frequent during the first three months, and especially about the time of quickening. It may come on when the person is at perfect rest, but is ordinarily produced by unusual exertion, — exposure to heat, — or any sudden excitement of the mind.

Remedy. — This consists in immediately placing the patient in the recumbent posture — the use of pungent volatiles — sprinking the face with cold water — free exposure to air, and the cautious administration of cordials. And if the fit continue long, the extremities must be kept warm, and the friction of a warm hand be applied to the feet.

It is scarcely necessary to add, that those who are subject to these attacks ought to avoid fatigue — crowded or hot rooms — fasting too long, quick

motion, and agitation of mind. The bowels must be attended to; and pure air, simple diet, and regular exercise, will do much.

9. Toothache.

This may appear a trifling disease, to notice in connection with the subject before us; but in the course of pregnancy, females will sometimes suffer severely from erratic pains in the face and teeth. As these pains are generally induced by the increased irritability of the nervous system, the result of the new action which is going on in the womb, and not from the decay of any particular tooth, extraction of any tooth for its cure is out of the question. Indeed, did the suffering arise from a carious tooth, its removal is unadvisable, inasmuch as this operation has been immediately followed by a miscarriage.

Remedy. — The only local application necessary, is that of washing out the mouth and teeth, night and morning, with salt and cold or lukewarm water. This plan of treatment not only relieves the painful affection of the face and teeth, but allays also that local irritability of the nerves, upon which it depended.

If a carious tooth seems alone affected, carefully apply a drop or two of oil of clove, which is said to be infallible.

10. Swelling of the Breasts.

Pain and tension of the breasts frequently attend, as also they are natural consequences of, conception.

In a first pregnancy, a large and rapid development of this organ may take place, the breast becoming two or three times as large as before marriage; but if tight lacing be only avoided, and the breasts be permitted to expand, no material inconvenience will arise from this circumstance.

Remedy. — Use fomentations and gentle friction frequently during the day, with almond oil and laudanum — about a drachm of the latter to an ounce of the oil, warm. Apply this externally; take two drachms of epsom salts in a little perpermint water, for the purpose of keeping the bowels open. These means, by relieving the over distention and fulness of the vessels of the part, remove the cause and complaint at once.

11. Violent Movements of the Child.

Before the third month of pregnancy, the child is not sufficiently developed as to enable it to move. When a little further advanced in growth, it moves, but so feebly and imperfectly, that the mother is not yet sensible of it. A period, however, soon arrives, when its movements, although at first like the mere fluttering of a bird, acquire a power and force that enable it to give decided proof of life. It is instantly recognized; the female knows she has quickened, and perhaps the sensation experienced is so sudden that she faints. After this time, the motions of the child increase both in frequency and degree, and are readily perceived by the mother; but after a time, the womb, accustomed to this action within itself, is less sensible of its effects, and except as a satisfactory evidence of the life of the child, is little regarded.

Sometimes however, the child is *disagreeably*

active, so violent as not merely to alarm the mother, but occasion much sickness and uneasiness — sleepless nights, feverish symptoms, &c.

Remedy. — In many parts of New England, the moccasin root is much used to allay the motions of the child. One tumblerful of the infusion of this root is the usual quantity. If this does not relieve the difficulty, a few ounces of blood may be taken; but if, after all, the symptoms are not altogether removed, the female must then endure patiently, recollecting they are a proof that the child is alive and vigorous.

12. Soreness and Cracking of the Skin of the Abdomen.

It will sometimes happen, during the latter months of pregnancy, that the skin covering the abdomen will not yield readily. This produces much uneasiness; the skin becomes tender and fretted, and if there is very great distention, cracks. It forms a source of great discomfort, and renders the female miserable whenever she moves.

It is to be relieved by fomenting the parts with a decoction of poppy-heads, and the frequent use of warm almond oil, applying, in the intervals, spermaceti ointment, spread very thinly on a piece of soft linen.

This decoction is made by taking four ounces of poppy-heads, breaking them up, putting them into a vessel, pouring upon them four pints of boiling water, boiling the whole for fifteen minutes, and then straining off the liquor.

13. Inconvenience from Size.

Many women, in the latter months of pregnancy, experience considerable annoyance, and sometimes severe suffering, from the great size of the abdomen, and for want of support, when even not so very large.

Remedy. — There is but one remedy with which I am acquainted, but have usually found it answer every purpose. It is wearing, during the daytime, a *well-applied belt* next the skin. It must be sufficiently broad for its upper edge to surround the abdomen above the point of its greatest diameter, and its lower edge to come down to, and be supported by, the hips. It must be drawn tight by a lace string behind, as circumstances may require, and it must likewise be supported by broad straps passing over the shoulders.

Those who suffer much from this cause, ought also to lie down upon a couch, or bed, for two or three hours every day; this will give great relief to the muscles.

I have finished what was purposed, and presented the married female with that information, for direction and relief in those little ailments and discomforts which frequently arise during pregnancy, for which she does not think it necessary to consult her medical adviser, and yet from which she will not unfrequently go on suffering for weeks, rather than speak of them.

CHAPTER IV

OF MISCARRIAGE.

There is no accident befalling female health which forms a greater source of dread, anxiety, and subsequent regret, to a married woman, than miscarriage. When this occurrence becomes habitual, there is no circumstance, the consequences of which are productive of more serious injury to the constitution, blasting the fairest promises of health, and ofttimes laying the first seeds of fatal disease.

1. The Period at which it most frequently occurs.

The usual term of pregnancy is forty weeks, or nine calendar months. At any time, however, within this period, the child may be expelled; and if this take place before the commencement of the seventh month, it is usually called a *miscarriage.* It most frequently, however, takes place between the eighth and twelfth week.

2. Its Symptoms.

If, during pregnancy, a female experience an unusual depression of strength and spirits, without any apparent cause, — if this is accompanied with attacks of faintness, pains going and coming about the lower part of the stomach, loins, and hips, — *she threatens to miscarry.* If these symptoms are after a time followed by the discharge of more or less blood, *a partial separation* of the child has

already taken place; if the pains in the loins and hips increase, becoming sharper and more expulsive, bearing down, with a free discharge of clotting bright-colored blood, *the child is altogether separated.*

3. The Causes.

The causes of miscarriage are numerous. They are either of an accidental or constitutional kind. The most important of these are the following: —

Accident may give rise to it. If, then, a sudden shock by a fall, or a blow on the stomach, occur to a female while pregnant, she can readily perceive how miscarriage may take place as a consequence.

Violent Exercise or Exertion is a very frequent cause. Immoderate exercise in dancing, riding, or even walking, lifting heavy weights, the fatiguing dissipations of fashionable life, — all or any of these may produce miscarriage.

Violent Purgatives or Emetics may produce miscarriage. Both, therefore, should be carefully avoided during pregnancy.

Violent Mental Emotions are capable of disturbing the organs of the body, and so producing miscarriage. In the peculiarly sensitive condition of the pregnant female, therefore, any extraordinary excitement or depression should be avoided.

The Force of Habit on the part of the womb to expel the child, at a certain period of pregnancy, is the *most frequent* cause of miscarriage. What I mean is this: Miscarriage having once occurred from accident or any other cause, there is a tendency to its repetition. A female goes on in a very promising way to a certain time, and then miscarries, and again and again this occurs.

Delicacy of Constitution, connected with habits of indulgence, may give rise to a state of health producing miscarriage. In high and fashionable life, among those who use little exercise, live luxuriously, and sleep in soft, warm beds, there is more danger of miscarriage than among the common people.

Lastly, a peculiarly excitable state of constitution, continuing to be unwell during pregnancy, advancement in life before marriage, piles in an inflamed state, as also severe and large loss of blood from their rupture,—these, and some other causes, may give rise to this accident.

4. The Means to be adopted for its Prevention.

Having thus briefly reviewed the principal causes which may excite miscarriage, we proceed to consider the means to be adopted for its prevention.

1. The plan to be adopted by a female of delicate and feeble health and spare habit:—

Before she again becomes pregnant, her object ought to be to invigorate her general health. This is to be accomplished, first, by attention to the stomach and bowels.

The *diet* must be small in quantity at first, but nutritious in quality—mild animal food, as boiled chicken or white game, mutton and beef. These must be well masticated, and therefore eaten slowly. Coffee, with brown sugar, and brown bread, not toasted, and a new-laid egg, are best adapted for breakfast; and coffee, in preference to tea, in the evening.

Rest, for a couple of hours, is certainly necessary; but the time should be employed in conversa-

tion, or light reading, rather than the frequently unrefreshing after-dinner doze.

The patient must also adopt a regular system of exercise, proportioned to her strength. She should commence by taking gentle exercise on foot, or in an open carriage, between breakfast and dinner. As her strength increases, she may extend the walk or drive, or take horse exercise; never forgetting that it should always precede a meal, and never follow it; that the amount of it should always be far short of fatigue; in a word, that she should always feel refreshed and invigorated by it.

By such a plan of proceeding, I feel confident that the general health will be restored; the female will no longer have a capricious appetite, foul tongue, disordered stomach and bowels. Her flesh, which, by slow, but progressive steps, she was losing, and had become flabby and apparently bloodless, will now return, hard and firm, and possessing the blush of health and strength; she will have found out how to obtain health; and she will, if I mistake not, be careful to preserve it.

2. The plan to be followed by a female of vigorous and robust health: —

Before pregnancy takes place, the excitement and fulness of the system must be gradually reduced, at the same time that its general tone must in no way be impaired. The plan proposed is the following: —

Let the *bowels* be regulated, keeping them slightly relaxed with epsom salts; and if this is effected, no other medicine will be necessary

Let the quantity of food be diminished, taking sparingly of meat; selecting that kind only, and but once a day, to which reference was made before; dining from vegetables rather than from ani-

mal food; taking no wine or stimulant of any kind; no fermented liquor, the beverage with dinner being water only.

I would recommend rising early; sleeping in a large and airy room, with little clothes about the person, to prevent the accumulation of too much heat. The patient may use considerable, but regular exercise, between breakfast and dinner.

After pregnancy has taken place, the *diet* must be still sparing. If there is headache shortly after, with a full pulse, this slightly-renewed excitement of the system, depending, as it will, upon the new action set up in the womb, must be allayed by the loss of a little blood.

As the *period approaches when she formerly miscarried*, care and attention must be more than ever exercised. She must now keep to the sofa altogether, and continue to do so for five or six weeks. If the patient will act up to the rules laid down for her guidance in this little book, she need not fear any threatening symptom of her former accident presenting itself.

The Means which are to be employed to put a stop to Miscarriage when it is threatened.

Now and then, particularly when it occurs for the first time, the whole process of a miscarriage does not occupy more than six or seven hours, from the very earliest symptom of its approach to its final completion. But in by far the greater majority of cases, more especially when it has become "habitual," its progress is not terminated in as many days, or even weeks.

We will lay down a few general rules to be observed, and which are generally effectual. At the first approach of these symptoms, the female must at once retire to her bed. She must strictly confine

herself to it, resting on a mattress, with few clothes upon her, no curtains about her bed, or fire in the room, which ought to be large and airy. Her diet must be most sparing — a little toast and water, lemonade, or thin gurel, tapioca, or sago; and whatever is taken must be given cool. Some gentle aperient, such as epsom salts, in two drachm doses, may be taken every four hours. If the symptoms do not subside, medical aid should be had.

CHAPTER V.

HINTS FOR THE LYING-IN ROOM.

1. The Period previous to Childbirth.

Reckoning. — The period when confinement may be expected is, naturally enough to the female mind, a matter of considerable importance.

It is very difficult, however, by what is popularly called "reckoning," to determine positively the precise day upon which labor shall commence.

Conception generally takes place a day or two after the last menstrual period; and if a female calculate on this supposition, reckoning nine calendar months from this date, she will commonly be right. Let a note be made of the *period* when *last unwell*, and the reckoning *commence* from the *third* day of its *cessation*.

Symptoms of Birth approaching. — Labor is commonly preceded by certain symptoms, called "premonitory." They sometimes appear several days, oftener only a few hours, before its commencement. We notice only one, viz., *a subsidence of the abdomen*, or sinking down of the child.

It is a *useful* symptom, affording to the attendant satisfactory information, and pointing out to the patient that her labor is not far off.

Attendants, &c. — At this time, the nurse should be in attendance, if possible, and every thing in the lying-in room in order. The latter ought to be large and airy, and should have a dressing-closet attached to it.

Let a confidante be selected in some judicious and affectionate married friend, whose presence during the hour of trial will insure sympathy and yet encouragement. Medical men do not like unmarried females in the room.

The medical man, the nurse, and the patient's friend, are all the assistants the occasion demands. The lying-in room is not the place for a crowd. Whispering in the chamber, or any appearance of concealment, quickly produces an injurious impression.

Bowels. — As labor approaches, the bowels should invariably be cleared by some active medicine, or consequences exceedingly disagreeable to a delicate woman will inevitably occur at the latter stage of the labor. A tablespoonful of castor oil is the best medicine for this, or an injection of one pint of warm water, with two tablespoonfuls of castor oil.

The Bedroom. — The bedroom of a lying-in patient should be large and airy, and, if possible, communicate with another room. It should have a fireplace for fire in winter, which in the summer should be made in the adjoining apartment. Of all rooms in the house, it should be the least exposed room to noise.

2. The Period during the Process of Childbirth.

The Bed. — As the patient is to lie on her *left* side, the bed must be so placed that she may be either at the foot or right side of the bed.

Where there is both a mattress and bed, it is better for the mattress to be uppermost.

And next, the bed must be "guarded," as it is popularly called. The method of doing this is very simple: The blanket and sheet having been placed upon the mattress as usual, a blanket is to be spread upon the right side of the bed and toward the lower end, and upon this a skin of leather, or a large sheet of oil-skin; one or two blankets are now to be folded over this — then a sheet, upon which the patient lies on her left side; and lastly, a sheet, blanket, &c., is to be thrown over her person, as the season of the year may determine.

The Dress. — When the pains of labor first commence, the dress should be so arranged that, if its progress becomes suddenly rapid, it may be readily changed.

A loose dressing-gown is the best in the earlier part of the labor, which may be exchanged for a bed-gown folded up smoothly to the waist, as she lies down for good, and a petticoat without shoulder straps, that it may afterward be readily removed.

Shivering. — Rigors are very common during the early part of labor, and will vary in degree from a gentle tremor to an agitation of the frame so violent as to shake the bed on which the patient rests. It is most desirable that this should be known, lest it should produce alarm, for which there is not the slightest ground.

Vomiting. — An inclination to be sick, followed by actual vomiting, is one of the most frequent occurrences attending the *early* part of labor, and it is always useful in forwarding labor.

Cramp. — This is very likely to trouble the patient who has been unnecessarily kept for many hours on the bed in one position; but except that it produces intense pain for the moment it lasts, it is not attended with any unfavorable result; it may be relieved by the friction of a warm hand.

Posture, &c. — The time occupied by the labor, if well managed by the attendants, may be relieved of much of its tediousness. Until the patient is advised to lie down for good by her medical attendant, she may be allowed to pass through this period in that posture most agreeable to herself. Walking, standing, sitting, kneeling, lying on the bed, will be all tried in turn, and there is not the slightest objection to this. She will be more amused by being allowed a greater range; this likewise will be rather useful than otherwise, by changing the air, as well as the scene.

Diet. — This must be light and simple. Cocoa, broth, plain gruel, arrow-root, light nourishment of this kind is best. Solid animal food is hardly admissible, and wine or spirits is always followed with mischievous consequences.

Probable Duration of the Labor. — Labors vary considerably in respect to duration, whether a first labor or not. In the same woman the process shall have been accomplished with rapidity for three or four successive confinements, and then a tedious and protracted labor shall follow.

Close of Labor. — The labor *completed*, the patient may turn slowly on her back, and a *broad bandage* will be slipped under her, spread evenly,

and pinned sufficiently tight around the lower part of the person, to give a comfortable degree of support.

A little tepid gruel may now be taken by the patient, and she should be left to rest. If disposed to sleep, she should indulge it; but if not, she must be kept perfectly quiet, and undisturbed by conversation.

After-Pains. — About half an hour or so after delivery, a patient must expect pain again to occur. They will continue off and on with more or less frequency, severity, and duration, for about eight-and-forty hours. These are called *after-pains.*

Common oats, well heated and tied up in a cloth, may be applied to the belly with great benefit. Heated flannels, or a bottle of hot water, will be found useful.

Arrangement of Patient's Dress. — An hour, or an hour and a half, however, having elapsed from the time of delivery, the necessary alterations about the bed and dress may be made. The soiled linen is to be removed, and the chemise and night-gown, previously folded around the chest, drawn down. The patient is then to be carefully moved to the upper part of the bed, in effecting which *the horizontal position is to be strictly preserved, and on no account, for one moment, must the female be raised upright.* She must now seek a long and refreshing sleep.

CHAPTER VI.

SUCKLING.

1. Management of the Nipples prior to Delivery.

Every female, especially in a first pregnancy, ought, during the six weeks prior to her confinement, *to prepare* the nipples for nursing. The skin covering them is generally so thin and irritable, that suckling soon makes them tender.

The plan to be adopted is simple enough: all pressure upon the nipple and bosom must be most carefully avoided; flannels or any thick covering must be laid aside, and the nipple itself must be washed, and rubbed three or four times a day with green tea, brandy, or with the infusion of oak or pomegranate bark, and exposed to the air each time for ten minutes at least.

2. Sore Nipples.

The previous directions having been neglected, one of the most early and troublesome attendants upon suckling may arise — soreness of the nipples.

For the cure of the excoriated and chapped nipple, any of the following remedies will be found useful: half an ounce of brandy to eight ounces of rose water. This is to be applied with a linen rag, wet with the lotion. Keep the nipple smeared, in the interval, with an ointment made of honey and spermaceti.

The nipple should always be washed with a little milk and water, both before and after suckling. These measures are commonly successful.

3. Drying up the Milk.

It may be necessary, from the delicate health of the mother, or some other urgent cause, to dry up, or "backen the milk."

For this purpose, if the breasts are only moderately hard, they must not be emptied; for this would encourage further secretion, and they would soon fill again. If, however, they are very hard and painful, they must be partially emptied, so as just to leave the distention — nothing more; and this is to be repeated as often as is absolutely necessary.

Let the breast be gently pressed, or rubbed for five or ten minutes, every four or five hours, with warm almond oil.

A gentle medicine should be taken every morning, and, if necessary, at night, the object being to keep the bowels slightly relaxed. The diet must be very scanty, and solid nourishment only taken.

4. Spontaneous Flow of the Milk.

The means proposed to remedy this defect have been many, but not very successful. Benefit may be obtained by frequently applying a lotion containing one drachm of alum, dissolved in a pint of spring water, or a decoction of oak bark and brandy. The breast must be exposed for at least ten minutes after the application of the lotion, and the nipple washed with milk and water before the child is put to it.

5. Deficiency of Milk.

If the supply of nourishment for the infant is scanty, we would recommend the mother to take a plain, generous, and nutritious diet — not one description of food exclusively, but, as is natural, a wholesome mixed animal and vegetable diet; regular exercise after leaving the lying-in room, and the use of the cold salt water shower-bath every morning; if the latter cannot be borne, sponging the head and chest is a substitute.

6. The Injurious Effects to the Mother of Protracted Suckling.

The period of suckling is generally one of the most healthy of a woman's life. But there are exceptions to this; and nursing, instead of being accompanied by health, may be the cause of its being materially, and even fatally, impaired.

7. Mothers who ought never to suckle.

There are some females who ought never to undertake the office of suckling, not so much on account of their own health, as that of their offspring.

1. *The woman of a consumptive and strumous constitution ought not.* — In the infant born of such a parent there will be a constitutional predisposition to the same disease; and if it is nourished from her system, this hereditary predisposition will be confirmed.

2. *The mother of a highly-susceptible nervous temperament ought not.*

3. *The mother who only nurses her infant when it suits her convenience ought not.*

8. Weaning.

The Time when to take Place. — The time when weaning is to take place must ever depend upon a variety of circumstances, which will regulate this matter, independently of any general rule that might be laid down. The mother's health may, in one case, oblige her to resort to weaning before the sixth month; and in another instance, the delicacy of the infant's health to delay it beyond the twelfth. Nevertheless, as a *general rule*, both child and parent being in good health, weaning ought never to take place earlier than the ninth, (the most usual date,) and never delayed beyond the twelfth month.

The Manner of Weaning. — It should be effected gradually. From the sixth month most children are fed twice or oftener in the four-and-twenty hours; the infant is in fact, therefore, from this time, in the progress of weaning; that is to say, its natural diet is partly changed for an artificial one, so that, when the time for *complete weaning* arrives, it will be easily accomplished, without suffering to the mother, or much denial to the child.

The Dispersing the Mother's Milk. — From the circumstance of the child being partially fed for some time before it is completely weaned, the mother will experience little trouble in dispersing her milk. She must, however, not neglect to take opening medicine, not only to assist the foregoing object, but also to prevent that depression of spirits, lassitude, loss of appetite, and general derangement of

health, which so frequently follow weaning, when these medicines are omitted.

The breasts, too, if painfully distended, must be occasionally drawn, but only just sufficiently to relieve the distention; they must also be rubbed for five or ten minutes, every four or five hours, with some penetrating liniment.

9. Artificial Feeding.

Extreme delicacy of constitution, diseased condition of the frame, defective secretion of milk, and other causes, may forbid the mother suckling her child; and unless she can perform this office with safety to herself and benefit to her infant, she ought not to attempt it. Under these circumstances the child must be brought up on an artificial diet — "by hand," as it is popularly called.

The Kind of Artificial Food before the Sixth Month. — It should be as much like the breast milk as possible. This is obtained by a mixture of cow's milk, water, and loaf sugar, in the following proportions: fresh cow's milk, two thirds; water, or thin barley-water, one third; loaf sugar, a sufficient quantity to sweeten. This is the best diet that can be used for the first six months; after which some farinaceous food may be combined.

The Mode of Administering it. — There are two ways — by the spoon and by the nursing-bottle. The first of these ought never to be employed at this period, inasmuch as the power of digestion in infants is very weak, and their food is designed by nature to be taken very slowly into the stomach, being procured from the breast by the act of sucking. This process of nature, then, should be imitated as far as possible; and food (for this purpose)

should be imbibed by suction from a nursing-bottle. Too much care cannot be taken to keep the bottle perfectly sweet.

The Quantity of Food to be given at each Meal. — This must be regulated by the age of the child and its disgestive power. A little experience will soon enable a careful and observing mother to determine this point. As the child grows older, the quantity, of course, must be increased.

The chief error in rearing the young is overfeeding, and a most serious one it is; but which may be easily avoided by the parent pursuing a systematic plan with regard to the hours of feeding, and then only yielding to the indications of appetite, and administering the food slowly, in small quantities at a time.

The Frequency of giving Food. — This must be determined, as a general rule, by allowing such an interval between the meals as will insure the digestion of the previous quantity, and this may be fixed at about every three or four hours.

The Posture of the Child when fed. — It is important to attend to this. It must not receive its meals lying; the head should be raised on the nurse's arm — the most natural position, and one in which there will be no danger of the food going the wrong way, as it is called. After each meal, the little one should be put in its cot, or repose on its mother's knee, for at least half an hour. This is essential for the process of digestion, as exercise is important at other times for the promotion of health.

CHAPTER VII

TURN OF LIFE.

That period of life at which the menses cease to flow is likewise very critical to the sex. The stoppage of any customary evacuation, however small, is sufficient to disorder the whole frame, and often to destroy life itself. If the *menses* cease suddenly, which is seldom the case in women of a full habit, they ought to abate somewhat of their usual quantity of food, especially of the more nourishing kind, as flesh, eggs, &c. They should take proper exercise, bathe in tepid water every day, and keep the bowels open by a little rhubarb.

BARRENNESS.

This is not an uncommon disease among females. It is owing, in many cases, to high living, which vitiates the blood and prevents fecundity. Often it is the result of obstruction or irregularity of the menstrual discharge. When intemperance in living is the cause, a change of diet is necessary. Any plain and simple food must be substituted for the more gross and high-seasoned dish of the epicure. A diet consisting chiefly of milk and vegetables should be adopted. Cold bathing, and moderate exercise in the open air, are of great advantage. Medicines do but little in removing the difficulty; if indicated, tonics and astringents should be used

THE WHITES.

This is a *very common disease*, and should always be attended to; otherwise it proves injurious to

delicate women. It consists of a discharge of a thin white or yellow matter from the vagina, attended with a degree of fetor, smarting in making water, accompanied with pains in the back and loins, with much debility, swelling of the feet, and diminished appetite, pale countenance, dejected spirits, &c. In treating this disease, the great object should be to give tone and energy to the system; both tonics and astringents are to be used. In severe cases, a physician should be consulted. Dr. Skinner, of No. 66 Cornhill, Boston, has had great experience and success in the treatment of this complaint, as well as in the falling of the womb; and patients of this character would do well to consult him.

ON THE MANAGEMENT OF INFANTS AND CHILDREN.

The importance of adequately understanding the true principles of managing children is not sufficiently appreciated by parents and guardians; otherwise many of the diseases of early and mature years would be less common than they now are.

The following observations form an excellent code of precepts for the education of children. If parents will practically adhere to these admonitions, they will be amply remunerated in the satisfaction of beholding their children grow up a wise and healthy race.

1. Rules for Treatment of the Child after Birth and before Weaning.

Give the breast within twelve or eighteen hours after birth at latest.

Foment the breasts with warm water if the milk does not flow; avoid rubbing the breasts with spirits.

If there be too much milk, drink little, and take opening medicine.

As a nurse, wear easy dresses about the bosom and chest.

Keep down the tendency of the abdomen to enlarge, by exercise.

If the nipple is small or turned in, have it drawn by an older or stronger infant, not by artificial means; but let the new-born child have the first milk.

Choose a hired wet nurse (when required) nearly of the same age with the mother, like her in constitutional peculiarities, and who has been confined about the same time.

When nursing, live on nutritious but not heavy diet. A full habit requires less nutriment than a delicate constitution. Stimulating liquors are to be avoided. Simple diluents, such as tea, are quite enough as drinks for many mothers.

The mother's milk is the best food for the new-born child for three months.

The best substitute for the breast, but as temporary as possible, is diluted cow's milk; but on no account should farinaceous food be given at this early period.

Apply a flannel bandage to the lower part of the body in bowel complaints. A warm bath soothes irritation.

Give no stimulants, caraway-seeds, carminatives, &c.; they are most pernicious.

Give as little medicine to a child as possible, and always by advice.

Never over-feed, and never stop crying by feeding.

Avoid rough jolting and patting of the back.
Train an infant to regularity in all its wants.

2. Rules for Weaning.

Wean gradually, discontinuing suckling in the night; the gradual change is beneficial to both mother and child. Avoid weaning in severe weather. Take for yourself a cooling purgative, and refrain from fluids and stimulating diet.

In weaning, apply to the breasts three ounces compound soap liniment, three drachms laudanum, one drachm camphor liniment. If this is too irritating, foment with warm water, or poppy heads and chamomile flowers boiled together in water. Avoid tightness or pressure from the dress, and all roughness, for fear of abscess. Avoid drawing the breasts; avoid exposure to cold.

3. Rules for Treatment after Weaning. Food.

Animal food in small quantity once a-day, if the teeth can masticate, is necessary when there is rapid growth.

Both over-feeding and under-feeding produce scrofula and consumption.

Avoid seasoned dishes, fried and salted meats, pastry, uncooked vegetables, unripe fruits, wine, and rich cake.

Insist on thorough chewing or mastication.

Never tempt the appetite when disinclined

Vary the food from day to day, but avoid variety at one meal.

Sweetmeats and confections are only to be given

to children in a very sparing manner, if given at all. Never pamper or reward with eatables.

4. Rules for Clothing.

In the first stage of infancy, warmth depends on clothing alone, for there is no muscular movement.

Flannel and calico are the best materials in all seasons.

Dress the child loosely, and fasten with strings, not with pins.

Avoid keeping the child's head too warm or its feet cold.

Avoid chilling the child, or taking it abroad in cold weather.

Attend to the form and size of the child's shoes, so that the feet shall not be cramped.

The practice of plunging infants into cold water to render them hardy, is exceedingly dangerous.

Let a child's washing be very completely and carefully performed. Keep the child always perfectly clean and neat.

Be very attentive to ventilate the apartment where a child lives, but never expose it to draughts of air.

Begin early to form habits of personal cleanliness and delicacy.

5. Vaccination.

Let the child be vaccinated from six weeks to two months after birth, and that by a proper medical attendant. Vaccination should take place before teething.

6. Deformities and Distortions.

Consult the surgeon upon the first appearance of any deformity; and do not allow fears for giving pain to the child prevent the use of the necessary remedies.

Be very vigilant with rickets or soft bones. Never allow the rickety child to support its own weight. It ought to be kept on its back for many months, and carried about on a little mattress on a board or tray, and have nourishing diet, and the proper medicines to give solidity to the bones.

Never jerk or swing children by the arms; much mischief has been done by this practice.

When a child falls or meets with any accident, it is highly culpable in a nurse to conceal it. If she do not immediately mention it, she may be the cause of the child's deformity and lameness for life.

Curvature of the spine is of very frequent occurrence from mismanaging children, by tight lacing, and long sitting without support to the back. (All school seats and forms should have backs.) Take all deformities of the spine in time, before they get fixed.

7. Teething.

The first sign of teething is heat in the mouth of the child, felt by the mother during sucking, flow of saliva, biting and grinding the gums. A piece of India rubber is better than coral, ivory, or any hard substance, for rubbing the gums.

When the bowels are confined, give without delay a gentle purgative, such as Dr. Skinner's Physical Drops. The warm bath soothes the child.

FEMALE'S

PRIVATE GUIDE TO HEALTH,

AND MOTHER'S ASSISTANT.

CHAPTER I.

AUTHOR'S PREFACE.

A CONCISE and simple treatise on the subject presented in the following pages, has long been desired by the females of our country. It is well known that all the works on the subjects treated herein, are quite too voluminous and expensive to be generally used; and hence the importance of an abridgement that will comprehend every thing essential in the right understanding of the matter discussed. The compiler, therefore, has, at no inconsiderable sacrifice of time and money, brought forth the great desideratum, and now relies upon the generous liberality of the public for a reasonable remuneration. Whatever is lacking in originality of idea, is made up in the observations and wise counsels of eminent men, whose works no one can peruse without finding something instructive, interesting and beneficial. And in gleaning from the writings of those experienced in physiological and medical matters, he trusts that he has omitted nothing of practical utility, but has endeavored to give his female readers such necessary information, in a small compass, as will do them good, and tend to make their journey

tunity to establish the functions of the female child without interruption or obstructions that will form the groundwork of disease through life, and often consign her to the grave ere nature has asserted her ability to continue the species.

Every observing mother has not failed to notice the great differences in the character and deportment of children in different families; this difference is usually the result of a more healthy moral example exerted upon them by their supervisors; the same differences will be produced in the constitutions of the young, by a suitable physical training In proof, we need only notice the hardy constitutions of those who escape the far more frequent accidents of childhood among the poor, and the feeble, sickly children of the more opulent. The ten thousand aches and pains to which they are subject, more than outweigh the neglected condition of the poor; the children of the latter are rarely so precocious in their temperaments; they become men and women at the age nature intended, their nervous systems are never forced to develope themselves so early as to entail lasting misery upon their whole subsequent lives. It becomes our mothers to mark well these facts, for facts they are—and until they are attended to, however they may glory in and pride themselves in the beauty and accomplishments of their *daughters*, they will be left to lament their premature old age, and mental feebleness besides.

Mothers should carefully watch the physical developments of their infant daughters; they should study to know and observe nature's laws in their management; but instead of this, how often is it that an ignorant nurse is permitted to squeeze its lungs into the narrowest compass with a bandage,

enveloping again and again its fragile form; then its intestines are irritated with castor-oil, and various nostrums, such as paragoric, Godfrey's Cordial Dalby's Carminative, etc., etc., are given to allay the pain produced by the medicine; then it is fed with pap, composed of crackers, boiled flour, and various other improvements upon its natural diet. It is jolted on the knee, or rocked in a cradle immersed in a feather bed, till exhausted nature comes to its relief and it sleeps. This process is continued from day to day, its head is sweltered with a cap—it is half suffocated with the heat of the nursery, or beneath heavy bedclothes—and so struggles through its earliest infancy, if it does not die with dropsy of the brain during its teething, the most frequent result of the exhaustion of the nervous system consequent on this shocking ignorance.

Were the time that is generally spent by females in the acquisition of trifling accomplishments, employed in learning how to bring up their children; how to dress them so as not to hurt, cramp, or confine their motions; how to feed them with wholesome and nourishing food; how to exercise their tender bodies, so as best to promote their growth and strength: were these made the objects of female instruction, mankind would derive the greatest advantages from it. But while the education of females implies little more than what relates to dress and public show, we have nothing to expect from them but ignorance even in the most important concerns.

Did mothers reflect on their own importance and lay it to heart, they would embrace every opportunity of informing themselves of the duties which they owe to their infant offspring. It is their province, not only to form the body, but also to give the mind its most early bias. They have it very

much in their power to make men healthy or valetudinary, useful in life, or the pests of society.

An ingenious writer observes, that on the constitution of mothers depends originally that of their offspring. No one who believes this will be surprised, on a view of the female world, to find diseases and death so frequent among children. A delicate female, brought up within doors, an utter stranger to exercise and open air, who lives on tea and other slops, may bring a child into the world, but it will hardly be fit to live. The first blast of disease will nip the tender plant in the bud; or should it struggle through a few years' existence, its feeble frame, shaken with convulsions from every trivial cause, will be unable to perform the common functions of life, and prove a burden to society.

Women, in all civilized nations, have the management of domestic affairs, and it is very proper they should, as nature has made them less fit for the more active and laborious employments. This indulgence, however, is generally carried too far; and females, instead of being benefited by it, are greatly injured from the want of exercise and free air. To be satisfied of this, one need only compare the fresh and ruddy looks of a milk-maid, with the pale complexion of those females whose whole time is spent within doors. Though nature has made an evident distinction between the male and the female with regard to bodily strength and vigor, yet she certainly never meant, either that the one should be always without, or the other always within doors.

The confinement of females, besides hurting their figure and complexion, relaxes their solids, weakens their minds, and disorders all the functions of the body. Hence proceed obstructions, indigestion, flatulence abortions, and the whole train of nervous

disorders. These not only unfit women for being mothers and nurses, but often render them whimsical and ridiculous. A sound mind depends so much upon a healthy body, that where the latter is wanting, the former is rarely to be found.

CHAPTER II.

MENSTRUATION.

Menstruation is the discharge of a fluid from the womb resembling blood, which takes place monthly, and continues until forty-five or fifty years of age, unless suspended by pregnancy or disease. It begins at the period of life called puberty, which in this country is about fourteen; it varies in other countries considerably from this standard, according to the climate; in some parts of India, females become mothers at the age of ten and twelve, and cease to menstruate at from twenty-five to thirty; while in the high northern regions, as Iceland, twenty-five is the average at which they begin to menstruate.

The first menstrual discharge is usually destitute of color, and makes its appearance sometimes without any indisposition; but it is usually preceded by headache, feverishness, and pains in the back, breasts, and lower extremities. After this it returns at uncertain periods, until its regular evacuations are established. The continuance of the discharge varies from a few hours to a week or fortnight; but the usual period is three or four days. The quantity is generally five or six ounces.

As females generally begin to menstruate about

the age of fifteen, and leave it off about fifty, these two periods are the most critical of their lives. About the first appearance of this discharge, the constitution undergoes a very considerable change, generally indeed for the better, though sometimes for the worse. The greatest care is now necessary, as the future health and happiness of the female depend in a great measure upon her conduct at this period.

It is the duty of mothers, and those who are entrusted with the education of girls, to instruct them early in the conduct and management of themselves at this critical period of their lives. False modesty, inattention, and ignorance of what is beneficial or hurtful at this time, are the sources of many diseases and misfortunes in life, which a few sensible lessons from an experienced matron might have prevented. Nor is care less necessary in the subsequent return of this discharge. Taking improper food, violent affections of the mind, or catching cold at this period, is often sufficient to ruin the health, or to render the female ever after incapable of procreation.

CHAPTER III.

APPROACH OF MENSTRUATION.

We shall not detail all those interesting personal changes which accrue as a female is about to pass into a state of womanhood. They are sufficiently evident to most mothers to make this period very peculiar and interesting. It shall be our object, therefore, to aid them in the duty they owe to their offspring, by giving an outline of some of the more

common symptoms which precede the approach of the menses.

When, at the fourteenth or fifteenth year, a young female, whose person has become suddenly developed, is observed to present irregular nervous symptoms, such as exhaustion from slight exertion, irascibility, and sudden causeless emotions, accompanied with tears, often frequently followed by disturbed sleep, and capricious appetite, with full pulse, headache, and suffocative feelings, palpitation of the heart, and pain in the back and loins, we may be pretty sure the menses are about to appear. A colorless mucous discharge usually accompanies and follows its appearance. The first period almost invariably disappears in two or three days, and there is no regular recurrence till the third or fourth one, after which it gradually becomes more regular. Should the female either be very delicate, or uncommonly robust, it is liable to still further interruption, and several additional periods may elapse before she assumes the proper time and quantity that is to be in future her standard of health.

In most persons, after the menses are properly established, few of these troublesome symptoms accompany them; indeed, nothing is more common than for them to appear with so little premonition as to surprise the female very awkwardly. They proceed, for the most part, with more or less regularity for five or six days, and then gradually disappear, leaving a state of lassitude that is dissipated in a day or two. The intervening period, for the most part, is from twenty-six to twenty-eight days; though this is liable to great variation, in cases where there are constitutional derangements. Some persons are subject to these discharges but two or three times a year; but these are only exceptions to the general rule.

CHAPTER IV.

RETENTION OF THE MENSES.

THE non-appearance of the monthly evacuations at the natural period, is called *retention of the menses*, and is generally followed, in time, by serious consequences to health. From various causes, the menses are liable to become obstructed at a period when it ought to appear; and unless nature is assisted, the constitution becomes so impaired as to induce consumption, or some other fatal disease.

The *cause* of this disease seems to be a want of power in the system, arising from inability to propel the blood into the uterine vessels with sufficient force to open their extremities and allow a discharge of blood from them. The more remote cause seems to be *suppressed perspiration* occasioned by leading an inactive and sedentary life. We have noticed of late that a large proportion of females troubled with this complaint, are those engaged in factories; and we are satisfied that persons thus confined year after year, deprived as they must be from fresh air, and kept constantly in a constrained position, inflict a lasting evil upon their constitutions.

Among the *symptoms* which characterize this disease, are debility, great disorder of the stomach and bowels, sallow countenance, pains in the back and loins, swelling of the ancles at night and face in the morning, palpitation of the heart, hurried or laborious breathing, disturbed sleep, colorless urine, derangement of the nervous system, and often harassing cough. The skin is pale and cold, and sometimes of a greenish hue, which has given the disease the name of the *green sickness*.

In regard to *treatment* in this complaint, it is

evident that as it proceeds from debility, the great object to be fulfilled is to give tone and energy to the system. The patient should keep her feet warm and dry, and avoid all exposure to a cold or damp atmosphere, especially the night air. If the weather is mild, exercise in the open air will be beneficial. The skin should be rubbed night and morning with a coarse towel, or flesh brush, till it is in a glow. The food should be light and nourishing, avoiding the use of tea and coffee, fat meat, and all oily substances. Sea shore bathing, change of air, &c., will do more than any other course to establish the health of the patient. Herb tea, such as motherwort, pennyroyal, &c., together with composition, may be taken daily and freely, and steaming the parts with bitter herbs should on no account be omitted. The steaming can be done, by taking a handful of wormwood, or other bitter herbs, put them in a chamber, adding thereto from a pint to a quart of boiling water—then let the patient sit over the steam, receiving it as hot as it can be applied. This course, persevered in, will soon effect a cure.

CHAPTER V

SUPPRESSION OF THE MENSES.

Aside from pregnancy, the menses are frequently interrupted by exposure to cold, mental agitation, and a variety of other causes which derange the health. The discharge is sometimes suddenly checked by remaining in a damp place until the body is chilled; and in that case there is usually headache, a dry cough, hot skin, thrist, tenderness

in the region of the womb, and pains of the back and lower extremities. Sometimes the patient is attacked with shiverings. If the suppression continues beyond two or three periods, the health becomes more or less impaired, as in retention of the menses; and hemorrhage from the lungs, or some other organ, is liable to occur.

Our prognostic in this disease is to be directed by the cause which has given rise to it, the length of time it has continued, and the state of the person's health in other respects. When suddenly suppressed in consequence of cold, it may easily be restored by pursuing proper means; but where the suppression has been of long standing, and leucorrhœa attends, we ought always to consider such circumstances as unfavorable.

In those cases which have terminated fatally, in consequence of the long continuance of the disease, the same morbid changes in the ovarid and uterus are to be observed on dissection, as in those of a retention of the menses. In this complaint the patient should be fully apprised of the connection between suppression and pregnancy.

In the *treatment* of this disease, if the suppression is owing to a sudden cold, a cure may be effected by a free use of Composition powder, or warm herb teas, until perspiration ensues; and if the patient is in bed, a heated stone, wrapped in a damp cloth, may be placed at her feet. If she perspires with difficulty, an injection should be administered, followed by the vapor bath, and if necessary, an emetic to cleanse the stomach. If the disease is obstinate, and of long standing, the treatment directed for retention of the menses will be equally applicable in this.

The following formula is said to be very effectual

in this disease:—Take tincture of gum myrrh, tincture of castor, equal parts; give a tea-spoonful three or four times a day.

CHAPTER VI.

DIFFICULT AND IRREGULAR MENSTRUATION

This complaint is often caused by cold, and is liable to occur after abortion, particularly if the woman be of a nervous or irritable temperament. It is more frequent in cities than in the country, and is principally confined to those who take but little exercise, or are indolent or luxurious in their habits. The discharge is scanty at first, accompanied with grinding or bearing down pains, which are often more severe than those of labor. Pains also occur in the back, loins and breasts, with headache, fever and tenderness in the region of the womb. As the discharge increases, these symptoms gradually abate, until finally they disappear altogether. False membrane, and little flakes or masses resembling clots of blood, are frequently discharged from the womb, and are followed by partial, if not entire relief. Instead of feverish symptoms, the patient is sometimes attacked with chilliness. The stomach and bowels are always more or less deranged. The discharge, though deficient at first, may become so profuse as to cause considerable debility.

A female laboring under this complaint very rarely conceives, though it often disappears after marriage.

Treatment.—Since it is well known that a derangement in the uterine functions must generally proceed from a check of perspiration, astringing the

minute ends of the uterine vessels, or in some manner deranging their functions, causing debility, &c., it will appear clear that our first attention must be directed to the skin. Cold appears to be the cause of the disease, and heat seems to remove it; therefore, when these periods of distress occur, let the patient sit over a strong decoction of bitter herbs, such as tansy, hoarhound, wormwood, catnip and hops, while a blanket is thrown round the waist of the patient to confine the steam to the lower parts. After the diseased person has been thus steamed and the feet bathed, let her be put into a bed, warmly covered, and diluent drinks given, such as tansy, thyme, pennyroyal, &c. At the same time let fomentations of the same herbs, enclosed in a flannel bag, be applied to the abdomen, as before directed. This will produce perspiration, and afford immediate relief; and when these distressing symptoms are removed, and the patient becomes comfortable, a course of treatment must be adopted to prevent a recurrence of the symptoms, or to produce a natural flow of the catamenial discharge, similar to that recommended under the preceding complaints. Herb tea may be freely drank.

A hot brick, or flannel wet with vinegar, and applied to the bowels, soon relieves the pain.

CHAPTER VII.

IMMODERATE FLOW OF THE MENSES.

The amount of fluid discharged at each menstrual period, is generally five or six ounces, but in an unhealthy state of the system, the quantity may be

increased to such an extent as to occasion extreme debility. There are two classes of females, says Dr. Gooch, who are peculiarly disposed to this complaint. In the robust and plethoric, it is characterized by inflammatory symptoms, as permanent pain, sense of fulness, weight, and tenderness in the region of the womb, together with a hot skin, and a full, hard, febrile pulse. In the other class, it is without pain in the region of the womb, and accompanied by a pale countenance, languid circulation, and a small weak pulse. Dr. Gooch designates the latter as the chronic form of the malady.

If the discharge is long continued, extreme debility ensues, with headache, giddiness, noise in the ears, feeble pulse, pale or cadaverous countenance, chilliness, cold hands and feet, and a tendency oftentimes to dropsy. The discharge may be profuse, and of short duration; or it may continue moderately for ten or twelve days, gradually exhausting the patient; or it may return every two or three weeks, instead of at the established monthly periods. In either case, the loss of blood proves highly injurious to the constitution.

The complaint is caused by unwholesome food, impure air, want of exercise, intemperance in eating and drinking, and too much sexual intercourse. It often follows abortion.

Treatment.—In the management of this disease we have two objects: first, to moderate the discharge and procure present security; and, secondly, to prevent a return. The first thing to be done when the hemorrhage is sudden or profuse, is instantly to remove the clothing which may occasion the least interruption to the free circulation of the blood, and to put the patient to bed, lightly covered with clothes. So long as this discharge continues, it is

of importance to keep her in a recumbent posture, as cool as possible, and perfectly at rest, both in body and mind. Cloths dipped in cold vinegar and water, and applied to the parts, renewed as often as they become warm, will be found useful. These cold applications have a powerful effect in restraining uterine hemorrhage, and ought never to be omitted where the discharge of blood is profuse.

The state of the bowels must be attended to. They can be kept gently open by cathartic mixture, sulphur, or any mild laxative medicine. Stimulating purgatives, or clisters, under such circumstances, are improper, from their tendency to increase the discharge. When no symptoms indicating an increased action in the vessels of the womb are present, astringent medicines should be employed.

In those cases where the hemorrhage is profuse, or of long continuance, and resists the means already pointed out, it will be proper to inject into the uterus from a gill to half a pint of a strong decoction of oak bark, in which one or two drachms of alum have been dissolved, or as much of the saturated solution of alum in water, in order to constringe and strengthen the vessels of the womb. This may be repeated twice or thrice a day, according to circumstances. When there is reason to suppose the hemorrhage proceeds from a scirrhous or ulcerated state of the womb, all that can be done is to afford temporary relief by giving nervines in large doses.

Regimen.—The diet, at the time of excessive discharge, must be light and cool. The drink must always be cold, as ice-water, lemonade, or tamarind beverage. Port wine, in such cases, is too frequently resorted to, which uniformly does harm by increasing the circulation.

PREVENTION.—To prevent a recurrence of the attack in those who are subject to it, the patient must necessarily avoid the causes by which it has been produced. When it is evident that the discharge is in consequence of a full habit, it will be proper to reduce the system by living sparingly, by keeping the bowels rather in a laxative state, and by rising early, and taking through the day regular but frequent exercise; and, after the plethora is removed, by strengthening the vessels, which have been over-distended, by the use of the cold bath.

In a greater number of cases, however, we meet with a delicate constitution and spare habit, with pale countenance: this state requires the use of sea bathing or the shower bath, and the vessels of the womb are particularly strengthened by pouring cold water daily on the back and loins.

It will be advisable to use a generous nutritive diet, with wine, and to have recourse to some of the tonic medicines, as advised under the head of obstructed menses, to strengthen the system generally. At the same time the bowels must be attended to, and invigorating exercise taken daily; whilst, on the other hand, fatigue, and especially exposure to relaxing heat, must be carefully avoided.

CHAPTER VIII.

CESSATION OF THE MENSES.

THE final cessation of the menses is called the *turn of life*, or the *critical period*, and generally occurs in this climate between the age of forty-five

and fifty. The nearer a woman approaches her forty-fifth year, the greater will be the risk of some irregularity in the menses; and as this period is more frequently the one at which any latent disease of the uterus shows itself, it is always looked forward to with much anxiety by women. So great is the anxiety of some, that it no doubt occasions many of the distressing symptoms which sometimes accompany this interesting process of the human uterus.

When menstruation is about to decline, the discharge is sometimes scanty and colorless, and at other times profuse and exhausting; but it generally returns at irregular periods, and diminishes gradually in quantity until it finally disappears. The breasts diminish in size at this period, and the woman becomes incapable of bearing children. In many instances the health remains good, notwithstanding this change in life; but in others, there are attacks of fever, headache, eruptions of the skin, with other unfavorable symptoms.

The stoppage of any customary evacuation, however small, is sufficient to disorder the whole frame, and often to endanger life itself; hence it is that so many women are afflicted with chronic disorders about this period; such, however, as survive it without contracting any chronic disease, often become more healthy than they were before, and enjoy strength and vigor to a very great age.

When the menses disappear suddenly in women of full plethoric habits, they should be careful to confine themselves to a spare diet. They should likewise take regular exercise in the open air, and keep their bodies open by some mild laxative. Dr. Skinner's Indian Balm Pills are most excellent for this purpose. The frequent use of the flesh-brush,

and washing and rubbing the whole body with cool water, will be found very serviceable.

If ulcers break out upon the legs or other parts of the body, on the cessation of the menses, they should not be healed up too suddenly, as great mischief might be done thereby. They should be regarded as critical discharges, and in most instances a salutary drain upon the system.

CHAPTER IX.

FLUOR ALBUS, OR WHITES.

Fluor albus consists of a discharge from the vagina of a white or milky color. It is most common among married women, especially if they have frequently miscarried, and occurs during pregnancy as well as at other periods. Women of a delicate constitution, who have removed from a cold to a warm climate, are said to be particularly liable to its attacks. As the disease advances, the discharge assumes a yellow, green or brownish color, becoming more or less offensive, and occasionally it is so acrimonious, that the wife communicates a similar disorder to her husband. The complaint is sometimes merely local, and at others constitutional symptoms arise, such as loss of appetite, costiveness, depression of spirits, pains in the back and loins, paleness of the countenance, diminution of strength, chilliness, and a burning sensation in passing water.

Fluor albus is caused by unwholesome diet, strong tea and coffee, the frequent use of purgatives, the irritation of passaries, injuries inflicted by instruments during childbirth, and too frequent indulgence in sexual communication

TREATMENT.—The chief object in treating this disease should be to impart tone and energy to the system: this course in most cases will prove successful. If the stomach is in a disordered condition, a mild emetic should first be given; but, in general, an active purgative will answer. This done, make a strong decoction of white oak bark and sumac berries, equal parts (perhaps most of the oak would be best,) and inject into the vagina with a female syringe, twice a-day. Take also, internally, about one-third of a teaspoonful of powdered unicorn root in a little composition, or ginger-water, twice a-day. If the back is weak, wear a plaster of hemlock gum or burgundy pitch. Take a nutritious diet, rise early, and exercise in the open air—use a flesh brush freely, and wash the whole body two or three times a week with soap and water. This course persevered in, will generally effect a cure in a very short time.

CHAPTER X.

GREEN SICKNESS, OR CHLOROSIS.

THE usual symptoms of this disease are heaviness, fatigue on the least exercise, pains in the back, costiveness, a morbid appetite for chalk, lime, and various other absorbents, together with the usual symptoms of dyspepsia. As the disease advances, the face becomes pale, and afterwards assumes a yellowish hue, even verging upon green, from whence it derives its name; the lips lose their color, the eyes are encircled with a livid areola, the feet swell, the pulse is quick and small: a cough often

attends, and sometimes a great quantity of pale urine is discharged in the morning.

Remedy.—In the cure of this disorder, two indications are to be fulfilled,—the first is to increase the tone and vigor of the general system; and second, to excite the action of the uterine vessels by stimulants. The first is to be accomplished by a *generous and nutritious diet*, and a moderate use of *Port-juice;* daily exercise on horseback, agreeable company, and the use of tonic medicines; frequent bathing or ablutions will be found very serviceable.

The second indication of cure is to be promoted by the exercise of walking, jumping a rope, by friction, &c. The feet should be often soaked in hot water, and the organs of generation should be steamed—frequently steamed with bitter herbs, as directed in parts of this book. Where chlorosis is attended with symptoms similar to pulmonary consumption, it will be proper to give an occasional emetic to cleanse the stomach, and to keep the bowels open at the same time by gentle purgatives. A change of condition by marriage, often promotes a permanent cure.

CHAPTER XI.

FALLING OF THE WOMB—PROLAPSUS UTERI.

This complaint consists (as the name implies) in a change in the situation of the womb, by which this organ falls much lower than it ought to do. In some cases, it absolutely protrudes entirely without the vagina The slighter cases are therefore named a bearing down, and the more violent ones a descent

or falling down of the uterus. The complaint is met with in women of every rank and age; but more frequently in those who have had several children, than in such as have not had any.

Every disease which induces general debility, or local weakness in the passage leading to the womb in particular, may lay the foundation of this complaint; hence frequent miscarriages, improper treatment during labor, too early or violent exercise after delivery, immoderate venery, &c., are, in married women, the most frequent circumstances by which a bearing or falling down of the womb is produced. In the unmarried, it is apt to take place in consequence of violent exertions, such as jumping, dancing, riding, lifting heavy weights, &c., while out of order.

The disease comes on generally with an uneasy sensation in the loins whilst standing or walking, accompanied now and then with a kind of pressure and bearing down. By disregarding these feelings, the woman becomes at length incapable of making water without first lying down or pushing up the swelling which seems to impede the discharge of urine, and if the complaint continues to increase, the womb is actually forced out of the parts, and takes on the form of a bulky substance hanging down between the thighs. This severe degree of the disorder seldom occurs, however, among women in northern climates, except in those who have had many children, and are, at the same time, of a relaxed and feeble frame; but in warm climates, it is very frequently to be met with.

Although prolapsus uteri is a local disease, it is frequently productive of several distressing symptoms which undermine the constitution. These principally arise from disturbed functions of the stomach

and bowels, and an impaired condition of the nervous system When of long standing, it will be difficult to effect a cure.

Treatment.—A broad bandage should be worn over the lower part of the bowels and drawn moderately tight, a strengthening plaster applied to the back, the *restorative wine bitters* used, the bowels kept regular, and the surrounding parts bathed twice a day with salt and water. A decoction of oak bark, to which add a little alum, may be injected into the womb or vagina once or twice a day.

There are several kinds of abdominal supporters invented to take off the weight and tension from the womb, which may prove very serviceable. These can easily be made, or one may be purchased already made.

Remarks.—Where the womb protrudes, it ought to be replaced by laying the woman in a recumbent position, applying the fingers and thumb to the lower part of the tumor, and then, by a gradual and gentle pressure, carried upward into its centre, and continued until the parts are returned to their natural place. This being effected, a proper sized sponge is to be introduced, and the woman kept in a recumbent posture for several hours. A sponge ought to be introduced as high up the vagina as can easily be borne, and it must occasionally be removed and well cleansed. As the parts recover their proper strength and tone, one somewhat of a smaller size should be substituted.

CHAPTER XII.

WEAKNESS OF THE BACK.

This is a difficulty which arises from various causes, and upon which very little has been written by our learned authors. There are probably few complaints more common among our married females than this,—and, as a general thing, it indicates a low, enervated condition of the system. The most frequent cause of this trouble, is undoubtedly the frequent abortions which have occurred for some years past to an alarming degree. Frequent miscarriages even among our healthiest women, cannot be experienced without sensible diminution of health, and no lady, during her critical period can be too careful and guarded.

Remedy.—A restoration of the system to a state of healthful vigor, is the first and greatest indication to be fulfilled. This is to be done by a nourishing diet, exercise, frequent bathing, or the shower bath, friction, and the moderate use of wine bitters, or some other appropriate tonic remedy.

As a local remedy, the back should be bathed and rubbed at least twice a day with a strong decoction of white oak bark and brandy, and a plaster should be worn, as a mechanical brace. Beware of all violent exercise, such as running up and down stairs, lifting and carrying pails of water, washing, &c. Rest and care are the greatest remedies, after all that can be used, and we commend them before medicine in all cases where they can be made to answer.

CHAPTER XIII.

HYSTERIA.

This disease, known also by the name of Vapors, *Hypochondriasis*, &c., is a certain state of the mind accompanied with dyspepsia, in which the greatest evils are apprehended upon the slightest grounds, and the worst consequences imagined from any unusual feeling even of a trifling kind; and as regards these apprehensions and feelings, there is always the most obstinate belief and persuasion.

Persons of a delicate habit, whose stomach and intestines are relaxed, and whose nervous system is extremely sensible, are most subject to hysteric complaints. In such persons an hysteric fit, as it is called, may be brought on by an irritation of the nerves of the stomach or intestines, by wind, acrid humor, or the like. A sudden suppression of the *menses* often give rise to hysteric fits. They may likewise be excited by violent passions or affections of the mind, as fear, grief, anger, or great disappointments. It appears under such various shapes, imitates so many other diseases, and is attended with such a variety of symptoms, that it is difficult to give a just character or definition of it; and it is only by taking the aggregate of its appearances that a proper idea can be conveyed of it to others.

Remedy.—The radical cure of this disorder will be best attempted at a time when the patient is most free from the fits. It will be greatly promoted by a proper attention to diet. A milk and vegetable diet, when duly persisted in, will often perform a cure. If, however, the patient has been accustomed to a

more generous diet, it will not be safe to leave it off all at once, but by degrees. The most proper drink is water. A cool dry air is the best. Cold bathing, and every thing that braces the nerves, and invigorates the system, is beneficial; but lying too long in bed, or whatever relaxes the body, is hurtful. It is of the greatest importance to have the mind kept constantly easy and cheerful, and, if possible, to have it constantly engaged in some agreeable and interesting pursuit.

For this very prevalent and distressing class of complaints, there is no remedy so much to be relied on as the habit of early rising, which necessarily implies that of retiring also at an early hour to rest. The energies of the nervous system become exhausted and worn out, by the impressions of external objects on the senses, as well as by the mental exertions which are perpetually going on while we are awake. Sleep is the means appointed by Nature for the renovation of these wasted energies. On waking from a sound sleep, we find ourselves, in the proper sense of the word, refreshed. Such refreshment, however, is chiefly to be expected from that sleep which takes place before midnight. After a certain hour of the evening, even the most healthy persons experience an increased quickness of the pulse.

The proper medicines to be given in these complaints, are those which strengthen the alimentary canal, and the whole nervous system. Tonic and corroborating medicines are generally the most appropriate.

CHAPTER XIV.

RETRO-VERSION OF THE BLADDER.

The bladder is liable to displacement from the same causes that produce the various uterine displacements. Retro-version of that organ may happen in unmarried persons, but it is more likely to occur in those who have been subjected to the debilitating consequences of frequent child-birth; particularly extreme cases of leucorrhea, retro-version, or prolapsus. All these derangements have a tendency permanently to impair the strength of the attachment by which the bladder is sustained in its position, and to allow its own weight, when distended, aided by the pressure of the intestines, to force it downwards and backwards.

It falls, in the first stage of its retro-version, directly against the uterus, because that organ is immediately behind it. When it settles a little lower, and comes in contact with the passage leading to the uterus, it carries before it on its way downwards the front part of that passage, and may get so far retroverted as to show itself at the natural opening, or even to pass through it. This is, however, an extreme case; nor is the disease at all as common as retro-version of the uterus, for the attachments of the bladder are not so liable to distension; neither is it as moveable, its functions not requiring it to be so.

Slight degrees of retro-version are constantly occurring, which are relieved by improvement of the general health, imparting fresh vigor to the supports of the bladder. Although complete retro-version of the bladder is comparatively rare, still it is occa-

sionally presented to the notice of a practical surgeon, and requires much care and mechanical ingenuity on his part, coupled with great obedience, and the most favorable surrounding circumstances on that of the patient, to effect a cure.

The means are partly medical, and partly mechanical, and are of such a nature that no benefit could be derived from mentioning them in this place. Every thing that can improve the general health, should be carefully adopted by the patient.

CHAPTER XV.

CANCER OF THE UTERUS.

There are several forms of cancer, equally destructive and incurable; but as one is far more frequent than all others together, and observes in its progress the most uniform symptoms, we shall confine our observations to that.

Cancer of the uterus may attack any part of the organ, but it usually selects the neck, or lower part; we believe, from the fact of that being the most liable to inflammation. The period of life at which it is most likely to occur, is at the cessation of the menses, or between the fortieth and fiftieth years. The following table is taken from the works of two distinguished French writers. Out of 409 cases of cancer,

12	occurred	under 20 years of age,
83	"	from 20 to 30
102	"	from 30 to 40
201	"	from 40 to 50
7	"	from 50 to 60
4	"	from 60 to 70
409		

Married women are infinitely more liable to the disease than those who are single; indeed, not more than fifteen cases in a hundred of cancer occur in those who are unmarried. It has been supposed that it is communicable by innoculation, or by the discharge being applied from one person to another:—but this is not correct; if it were so, there could not, from obvious reasons, remain a doubt upon the subject.

It is a singular fact, that a person may bear children, when cancer is only waiting for the birth of the child to declare itself. It may be progressing for years to its developement, and then appear very suddenly, without any other premonition than the increased discharge of what appears to be ordinary leucorrhea. Usually, there is slight pain in the lower part of the abdomen, accompanied with a peculiar sense of uneasiness, and a "tingling" sensation in the front of the thighs. Generally there is some slight irritability of the bladder, and frequently the irritation about the rectum is of such a nature as to cause the patient to suspect she has the piles.

The menses are generally regular in their appearance, although, occasionally, their order may be disturbed. Leucorrhea is by no means constant in the intervals. The appetite remains good; digestion is well performed; and the patient makes no complaint of want of sleep, until the disease has lasted for some time. The pulse is generally regular, and of full volume; and it is not until the disease has existed for a considerable period, that the appetite becomes impaired, and the sleep disturbed; the flesh becomes flabby, and wastes; and the countenance becomes pallid, and indicative of serious organic mischief. Such is the melancholy progress of this disease.

It is a disease seldom cured after it has become fully established. The first premonitory symptoms should therefore be looked upon with suspicion All false delicacy should at once be thrown aside, and the services of some skilful physician be employed for the purpose of a cure.

CHAPTER XVI.

CANCER OF THE OVARIUM.

WHATEVER may be the cause, it is very certain that this disease is of much slower development, and attains a far greater size, than that of the uterus. It has often been known to occupy years in maturing, and it may be associated, particularly in its latter stages, with uterine cancer; indeed, if it last long enough, it is scarcely possible it should not affect the uterus, in consequence of its connection with it by the ovarian tube. It sometimes attacks single persons, though it is much more common in those who are married.

It is quite as frequent as cancer of the breast, and only less so than that of the uterus. As this disease usually attacks but one of the ovaria, the function of menstruation is rarely affected at its commencement. The tumor is of an irregular surface, and quite hard. Acute pain, of a stinging or lancinating character, attends its latter stages; but this, as an earlier symptom, is very obscure.

The other symptoms, and general progress of the disease in its constitutional effects, are so similar to cancer of the uterus, that we need not pursue the subject any further. It probably originates, as in

the uterus, from the slow inflammation. There is a proper course of treatment for palliating its symptoms, and checking its advancement, of which, as it is exclusively medical in character, a description could in no way benefit the patient. Though the disease is with difficulty cured, there is no doubt life may be greatly prolonged by judicious treatment.

Injections of Castile soap suds are always appropriate for purposes of cleanliness, and do very much towards arresting the disorder.

CHAPTER XVII.

CANCER OF THE BREAST.

It is indeed a sad reflection, that woman, from the performance of duties most endearing to her offspring, should become the frequent victim of the most intractable diseases that afflict her. Cancer of the breast, although it occasionally originates in males and unmarried females, is far more frequent among those who are nursing, or have nursed, one or more children. It is most likely to show itself between the thirtieth and forty-fifth years; the cases increasing in frequency as the female approaches the cessation of the menstruating period.

Symptoms.—The first appearance of cancer is generally that of a small tumor, the size of a cranberry, situated deep in the substance of the breast. This, if taken hold of, and handled freely between the thumb and two fingers, will be found perfectly moveable with the substance or mass of the breast, and more or less hard. If not removed, and it really be a cancer, it gradually becomes immoveable, from

attachment to the parts beneath it, larger, harder, and more or less painful. All these characteristics increase, with greater or less rapidity, until the skin becomes congested, and attached to the tumor, and alters in its hue, growing redder and more tense; the tumor then attaches itself to the body, and becomes immoveable; increases in size, either on one side, elevating that part of the breast into an irregular surface, or it surrounds the nipple, and gradually raising the skin all around that point, swallows it up, as it were, in itself. The pain becomes of a cutting or lancinating kind, and it gradually opens and discharges a thin and unhealthy sort of bloody matter. When the disease has proceeded to this extent, its further progress, with affection of the general health, is rapid.

Remedy.—This is one of those diseases for which no certain remedy is yet known. Its progress, however, may sometimes be retarded, and some of its most disagreeable symptoms mitigated, by proper applications. One misfortune attending the disease is, that the unhappy patient often conceals it too long. Were proper means used in due time, a cancer might often be prevented; but after the disorder has arrived at a certain height, it generally sets all medicine at defiance.

The fact respecting a cancer, however, is this; it is canker making its appearance in one part of the body, showing that the whole body is more or less affected with the same. Many appearances in the body are called cancers, which are only warts or things which never injure the system; and often men have the name of curing a cancer, when they have only removed something else. A real cancer may be taken out, but this can never cure the disease in the person, for it is in every part, more or

'ess. To cure a real cancer, whether the common kind, or what is called a rose cancer, the whole system must first be cleared of canker. When this is done, there is nothing left to support what is called the cancer.

My method of curing is, first to clear the system with the emetic, &c., giving powders, bitters, &c., to help the digestion; and continue this course until the whole body is cleared of what makes and supports the cancer. While attending to this, apply the cancer plaster, which goes into the sore, and lessens it. The cancer eats the plaster, instead of being eaten out by the plaster. When the plaster is all gone from the soft leather or bladder on which it is spread, more must put on, until a cure is performed. This is a very simple, safe, and generally effectual remedy. The best cancer plaster with which I have any knowledge, is the *extract of clover.*

CHAPTER XVIII.

DROPSY OF THE OVARIA.

Dropsy of the Ovaria is of still more common occurrence than cancer. It occurs both in the single and married state, but is more frequent in the latter. Although it has been known to attack young females who have not menstruated, and women past the change of life, it is far more frequently found when the ovaria are in the full performance of their functions, or from the twentieth to the fortieth year.

It consists of one or more sacks filled with fluid, from the consistence of water to that of tar. These are developed within the ovarium. Almost invaria-

bly in the commencement of the disease, they exis on one side only; but in its advanced state, ar often found to affect both. They gradually enlarge from the very smallest imaginable beginning, until in the course of years, they fill the whole abdomen presenting the uniformly-diffused appearance of common dropsy.

The symptoms of this disease, at its commencement, are very obscure. It is frequently supposed, in the married state, to be pregnancy, from the fact, that it is often accompanied with those caprices, and the sickness, with the enlargement of the breasts and abdomen that attend that state. This illusion is dispelled by its continuance beyond the natural time of gestation, and the attendant deep-seated pain on the side where it commenced. Should one only of the ovaria be affected, and the disease progress very slowly, the woman may even bear children in such a state, so little does it affect the constitution.

Remedy.—Various means have been resorted to for the cure of this disease, which often prove successful, though the disease is very obstinate and exceedingly intractable. Sometimes, after increasing for years, the sack has been known to burst, and the water being effused into the abdomen, has been absorbed by its healthy surface, and the patient entirely recover. It is sometimes tapped and drawn off, with favorable results, though tapping is usually only resorted to as a palliative remedy.

The only proper and safe course in this complaint is, to seek the aid of some skilful physician.

CHAPTER XIX.

PROLAPSUS, OR FALLING OF THE RECTUM.

PROLAPSUS, OR FALLING OF THE RECTUM, is a consequence of constipation, and consists in the slipping down through the natural passage, of the mucous lining, and sometimes of the whole thickness of the intestine. It slips through that opening in the great muscle we spoke of in the chapter on prolapsus of the uterus, as closing the bottom of the pelvis, and also the different passages or outlets of the bladder and rectum. This muscle, like every other part of the body, is relaxed by the exhaustion of physicking—loses its tone, or power of contraction—and aided by the constant pressure of the bowels and abdominal muscles, the rectum "prolapses," or slips down, precisely in the same way as the uterus does.

It often becomes very much inflamed, discharges matter, and renders the patient's life perfectly miserable—obliging her to replace it by pressure after every evacuation of the bowels. This is a common affection of children who are exhausted with debility from bad diet, suffering, diarrhœa, etc. Various washes and ointments of an astringent character, are applied with benefit, to restore the tone of the bowels and muscle. They are usually only of temporary effect. A cure can best be effected by leaving off physic, using proper diet, and raising the standard of health.

Then, if the intestine will not return, but remains permanently prolapsed, it may be removed by the surgeon without danger, or much pain, by a proper application of the ligature

FISTULA IN ANO.

Fistulæ, or abscesses, are also formed near the rectum. They are frequently, though not always, connected with costiveness. The abscess, which when it opens is called a fistula, forms just outside of the rectum, amongst this tissue. There is no doubt it occurs in a similar manner, and from a similar cause, with piles; that is, from obstruction of the blood-vessels by the hardened contents of the bowels.

The fistula does not heal of itself, like many other abscesses, but continues to discharge for years—and even the patient's lifetime, if not stopped by surgical means—an unhealthy kind of matter. It often works its way through the sides of the bowels, when the matter becomes mingled with the fæces, causing a very disagreeable state of things for the poor patient, who is glad to submit to almost any means of relief.

The most rapid, and by far the least painful method of cure, consists in laying open the fistula with a single stroke of the knife; it will then heal from the bottom, and become sound. Many patients will not submit to this, and we are then obliged to endeavor to cure them with various kinds of injections, or a seaton.

Fistulæ are sometimes produced during tedious child-birth, from the pressure of the child's head causing communications between the passage leading to the uterus, and that of the bladder, or the rectum, thus producing most distressing results. It is not our purpose to attempt their description here, as they are very complicated, and we are very happy to say, very rare; besides, the female cannot, by any precaution of her own, avoid them. When they do occur, they require all the assiduity of the most skilful surgeon.

CHAPTER XX.

COMMON ERRORS ON THE SUBJECT OF PREGNANCY.

During the period of pregnancy, the happiness of a nervous and anxious woman is often completely destroyed, by the influence of many popular errors upon the subject which still prevail. And, what will be thought still worse, the effect of these prejudices on the constitution of the mother will be found more or less to impair the health and future vigor of her offspring.

It may be urged, that the day is past when prejudices of this kind can operate; that the tales and fears of former times exist no longer; and, that the well-educated woman regards even the direct counsels of the ignorant, as little as she heeds the gloomy forebodings and prophesies of popular credulity. To this I cannot give my assent: it may be admitted, indeed, that when truth is properly presented to such minds, it will be at once received; yet, as a subject like this has never been plainly discussed with a view to popular perusal, I find even now the sensible, and otherwise strong-minded woman, more or less under the influence of notions as absurd in themselves, as they are mischievous in their tendency.

Every medical man much engaged in the lying-in-room, can attest the truth of this statement; and, were it necessary, it were easy to adduce the most ample evidence upon the subject. Believing, however, that this point will be undisputed, I would rather at once proceed, impartially, to specify a few of these still popular absurdities

In this inquiry I shall be brief, examining those errors only which are most prevalent; and if successful in pointing out their folly, shall attain my end. My principal aim is to convince the nervous and timid woman, that pregnancy is not to be looked upon as necessarily a period of deprivation and suffering; but, as it truly is, a state demanding only a little more than ordinary care and prudence, and compatible with the enjoyment of health and comfort. Let it be remembered, also, that the period of pregnancy is not, as is sometimes supposed, a morbid state, a state of disease. Far from it, it is a natural state; although a wise Providence has justly ordered that in sorrow shall the woman conceive and bring forth offspring. Now whatever part of nature be regarded, it will be seen that the means are always provided to accomplish her ends, and that too without much difficulty. This view of the subject is, we think, calculated to save females many anxious moments, and many pangs of uneasiness.

SECTION I.

Supposed influence of the Mother's Imagination upon the Child in the Womb.

The supposed influence of the imagination of the mother upon the child in her womb, is an error still popularly current; and though reason, experience, and anatomical knowledge, concur to refute this notion, it is received by many as an established truth, and often tends, more than any other delusion of the mind, during pregnancy, to render the female truly wretched. Should a woman have an ungratified longing for some particular article of food, should she have been suddenly and seriously frightened—or occasionally the witness of some miserably

deformed object—it is frequently the case, that she at once becomes possessed with the belief, that her unborn babe will receive a mark, blemish, or deformity, similar to the thing longed for, or to that which caused her alarm, or excited her aversion. From the time of this occurrence the idea haunts her imagination night and day; a victim to the influence of an evil called into existence by her own fancy, she is wretched and miserable. Ashamed of her weakness, she imparts her secret to none; she will hardly confess it to herself; yet does its impression deepen upon her mind, and she looks forward to the period of her confinement with the greatest dread and apprehension. Thus the whole period of pregnancy is made a season of needless trial and suffering; and nothing pacifies her mind, or can remove her long-cherished fears, but the birth of an unblemished and healthy child.

The origin of this belief in the power of the imagination during pregnancy, is coeval with our earliest records; and the multitude of instances handed down to us, in which its influence was supposed to be exerted, would fill a goodly volume; but neither the antiquity of its source, or the abundance of the evidence of its supposed truth, can entitle it to the least weight, as it can be proved to be inconsistent with anatomical science, experience and reason.

Without going into a lengthened argument upon this subject, we will only call attention to three points already implied in what has been said, and refer the curious reader to larger medical works, where this subject has been fully discussed and demonstrated.

1st. That a disappointed longing cannot be in any degree more injurious during pregnancy than at any other time. It might, indeed, nay, it very

often does, occasion sickness at the stomach, a temporary loss of appetite, and sometimes vomiting; but here the evil ceases.

2d. That while it is not denied that marks and deformities sometimes happen, yet they are to be accounted for in a much more scientific and natural manner, than by the influence of the mother's imagination; and,

3d. That they cannot be produced by the power of the imagination of the mother, inasmuch as there is no nervous communication whatever between the parent and offspring; and, therefore, that any alarm or fright which a lady might accidentally meet with during her pregnancy, can in no way affect the symmetry of her little one—although if her own health be seriously affected, the nutrition and health of the child must more or less suffer.

SECTION II.

On the supposed Necessity of Refraining from Exercise at the Commencement of Pregnancy, and the Beneficial Influence of its Employment at its Conclusion.

There is no doubt that in some cases, in the early months of pregnancy, great and continued care is not only useful, but absolutely necessary, in order to prevent miscarriage; but, that women should be encouraged to live more indolently, exercise being thought improper, unless toward the conclusion of pregnancy, when it is supposed to procure a more favorable delivery, is an error, equally injurious to mother and offspring. The fact is, a directly contrary method of proceeding is the most eligible and proper: exercise in the early months, gradually seeking a state of repose as the period of confinement approaches.

During the first six or seven months, frequent and gentle exercise in the open air, and domestic occupations, which require moderate exertion, are exceedingly desirable; both have a beneficial influence on the health of the mother, and, through her, upon the child. The former invigorates health, the latter contributes, by its regular return, and succession of duties, to employ her time, and thus ensures that ease and serenity of mind so essential to her happiness. On the other hand, excessive effeminacy is highly injurious. The female whose time is spent in indolence, continually reclining on a softly-cushioned sofa, in the unwholesome atmosphere of an overheated apartment, who never breathes the fresh and pure air of heaven, but is fearful of even putting her foot to the ground, and who yet, perhaps, at the same time indulges pretty freely an immoderate appetite, under such circumstances is not likely to preserve her health, much less to improve it; in fact, it must suffer serious injury. Unfortunately, the evil will not stop here, for, by such improper and injudicious conduct, the nutrition and growth of the child must, as a natural consequence, be much interfered with; and when born, it will be feeble, perhaps emaciated, and will be reared with difficulty.

During the last few weeks exercise should still be taken in the open air; but as walking with some is now attended with inconvenience, and so quickly with fatigue, that it is injurious instead of useful, exercise in a convenient and easy carriage becomes indispensable. Domestic duties must be almost altogether given up; and the recumbent position ought to be resorted to for at least two or three hours in the course of the day. And it should never be forgotten, that throughout the whole period of preg-

nancy, every kind of agitating exercise, such as riding in a carriage with rapidity on uneven roads, dancing much and frequently, lifting or carrying heavy weights, moving heavy furniture, making beds, &c., ought to be avoided; in short, all masculine and fatiguing employments whatever.

SECTION III.

The supposed Necessity of frequent Bleeding during Pregnancy.

This is an error which prevails to a very great extent, but among the lower class of society principally. Some poor women, as regularly as they become pregnant, after the second or third month request to be bled. They make a point of this, because they are impressed with the idea that pregnancy demands it. It is a remedy, however, which ought to be resorted to with the greatest precaution; and, so far from pregnancy demanding it as a necessary consequence, it is most erroneous; for I have known several delicate and weakly women, who, by the advice of their friends, regularly submitting to be bled, as regularly have miscarried, and who, on again becoming pregnant, warned of the mischief resulting from such practice, have avoided it, and become the mothers of healthy children.

That bleeding is sometimes useful, there can be no question; but such indiscriminate use of it, and solely because pregnancy has taken place, is an error productive of manifest injury. And it is a prejudice which is perhaps more seriously mischievous to the child than the mother; for, if it does not cause its miscarriage, it will sometimes, in a weak and delicate woman, decidedly affect the stamina of the little one. So essential and important are cer-

tain observances of the parent during pregnancy, that health and vigor may be imparted to her off spring.

SECTION IV

Supposed Importance of gratifying 'Longings,' &c.

In reference to the *longings* of pregnant women for extraordinary articles of food, &c., it may be useful to make a few additional remarks. These cases, though by no means so common in the present day as formerly, occasionally fall under the notice of medical men. They are doubtless, in many instances, the mere wilful fancies of the individual, and nothing more; in other cases, however, they are the result of actual disease, and disease, too, rather of the brain than of the stomach, and they then demand careful and prudent management. For although, as before stated, an ungratified wish cannot impress an image of the thing longed for upon the child's body, still there is abundant evidence to prove that the indulgence by the mother in luxurious and unwholesome articles of diet, not only injures her health, but seriously interferes with the growth and vigor of her offspring. These cases require of course medical superintendence, but the treatment will be of little avail, unless the views and wishes of the physician are seconded by the self-control of the patient, aided by the vigorous efforts of the friends of the party. Unfortunately, the individuals most liable to this disease, are those who are constitutionally nervous, irritable and delicate; who have always been accustomed to have their wishes gratified, and who all their lives have had little else to think about but themselves. Hence the cure is rendered the more difficult. These capricious appetites and fancies, however, must be firmly re

sisted; and far easier of accomplishment will this be if done at the onset of the disease; for indulgence only increases desire, and every renewal of the gratification only aggravates the disease. Where this complaint has been of long standing, the powers of the stomach will necessarily have become much weakened, and a careful attention to diet will be demanded; the mildest and most easily digested food alone ought to be taken. Fresh air and exercise should be daily obtained, as well as all other measures resorted to which contribute to the promotion of the general health; but one of the principal points requiring the attention of the friends is, to secure the healthful employment of the mind of the patient.

SECTION V.

Errors in Dress during Pregnancy.

Great errors in dress are sometimes committed by young women when they become pregnant for the first time. They do not accommodate their dress to their new situation, desirous, (from mistaken feelings of delicacy,) to conceal the fact from observation as long as possible. This, however, is a great error, and sometimes productive of serious consequences both to mother and offspring.

Some women err in the same way, but have not the same apology to offer for their folly. I refer to those women who allow fashion to get the better of their judgment, and incase themselves in the tightly-laced corset, to preserve their figure.

In both cases the effects are the same. For months together the chest and abdomen are subjected to constant and forcible compression, and that during a period when nature is daily requiring more and more room for the gradual development

of the child, and thus the healthy performance of the various functions of the organs of the mother's system (liver, stomach and bowels, heart and lungs, &c.) is interrupted, and the regular and healthy nourishment of the infant is seriously interfered with. Hence the functional disorders with which such women are so grievously distressed during pregnancy, and hence also the reason why they give birth to such delicate, emaciated and puny children. Not unfrequently this evil so deranges the general system, as to cause miscarriage at an earlier or later period.

Tight lacing is productive of another evil. The glandular structure of the breasts is sometimes so injured by it, and the nipple so compressed, as to render suckling a very difficult matter, or altogether impracticable. The young wife, therefore, should take every precaution, when pregnant, to avoid every thing that would interfere with her becoming a nurse; and all pressure, therefore, upon the breasts, particularly upon the nipple, should be guarded against; and during the last few weeks of pregnancy, the latter should be prepared for suckling.

The corsets worn during pregnancy should have lacings at each side, and over each bosom, so that they may be loosened or otherwise at pleasure; and as pregnancy advances, the unyielding steel blades so commonly used should be removed, and thin whalebone substituted. Due support will thus be obtained, and all mischievous compression avoided.

Such are the errors connected with pregnancy, which I have thought it might be useful thus briefly to notice. I have known them to be a source of much mental distress and physical suffering, and

if these few observations expunge them from that list of evils, always supposed by many as necessarily connected with the pregnant state, I shall exceedingly rejoice, convinced that it is a process which ought not to be regarded with fear and trembling, although it certainly demands a little more than ordinary prudence and care. For it must never be forgotten, that on the judicious conduct of the mother, while pregnant, a vigorous constitution on the part of the child much depends; and to her neglect, a feeble frame may in some measure be attributed; for, like fruit of every other kind, the child in the womb requires a certain amount of care for its preservation and perfection

CHAPTER XXI.

MASTURBATION, ONANISM, SELF-POLLUTION

These ruinous practices should never be indulged by persons, young or old, under any pretence, except they wish to expose or ruin their health and morals. Obey the injunction of the apostle, "Flee youthful lusts." This doctrine is agreeable to the laws of physiology or nature, as well as the law of God. Emitting the semen artificially by the too common practice of onanism, lays the foundation for many incurable complaints, and causes more bad health than even physicians are aware of. It has been shown, by reports of Lunatic Asylums, that it often causes insanity in both sexes.

"The fact, that the ceremony of marriage has been performed, will not save people from the consequences of venereal excesses. The laws of our na-

ture remain the same; and, if violated, we must suffer the consequences. Hundreds and thousands are hurried into a premature grave, or made wretched while they live, by diseases induced by venereal excesses, with no knowledge of their causes." The practice of self-pollution pervades all ranks, male and female. Professed Christians are often among its victims. Some time since, says Mary S. Gove, I became acquainted with a lovely and intellectual young man, who was a student in one of our theological seminaries. His health became so poor that he was obliged to leave the seminary and return to his friends. I saw him lose his reason and become a maniac. I was satisfied, from all the symptoms in the case, that this sin was the cause of his wretched condition. He died without recovering his reason: and a friend of his, who was in the seminary with him, told me, after his decease, that he was indeed a victim of "SOLITARY VICE; that it caused his death."

A short time since I was conversing with a physician who seemed to feel deeply on this subject. "But what can be done," said he; "I dare not offend parents by telling them the habits of their children. Only the other day," said he, "I was called to a youth who was destroying himself by this practice, but I dare not mention it. The parents would have heen very angry if I had."

Dr. S. B. Woodward, superintendent of the hospital for the Insane, has the following remarks on this practice: "For the last four years," says he, "it has fallen to my lot to witness, examine, and mark the progress of from ten to twenty-five cases daily, who have been the victims of this debasing habit, and I aver that no cause whatever, which operates on the human system, prostrates all its energies, *mental, moral* and *physical*, to an equal extent. I have seen

more cases of idiocy from this cause alone, than from all the other causes of insanity. If insanity and idiocy do not result, other diseases, irremediable and hopeless, follow in its train, or such a degree of imbecility marks its ravages upon body and mind as to destroy the happiness of life, and make existence itself wretched and miserable in the extreme."

That the evil is wide spread and exceedingly injurious to the young, cannot be denied or doubted. Its effects upon physical strength and constitutional stamina are very prejudicial.

Its influence in prostrating the mind is no less appalling. Consumptions, spinal distortions, weak and painful eyes, weak stomachs, nervous headaches, and a host of other diseases, mark its influence upon the one—loss of memory and the power of application, insanity and idiotism, show its devastating effects upon the other.

It is equally opposed to moral purity and mental vigor. It keeps up the influence of unhallowed desires; it gives the passions an ascendancy in the character; fills the mind with lewd and corrupt images, and transforms its victim to a filthy and disgusting reptile.

The evil is common; its danger is little known. Let the young beware of it; and those who are in the way of danger, abandon it forever!

Books have been written filled with the most startling facts on this subject. See Tissot, Graham's Advice to Young Men, and other works. Reader, beware how you thus hazard your health.

The best preventive is abstinence, diet and regimen. To avoid all animal food and stimulants, and to use vegetables and fruits only. High living excites venery, and leads directly to sensuality and licentiousness.

We have said in another place, and on another occasion, that if the powers of life are to be preserved in certain delicate females of a nervous temperament, parents must be perfectly acquainted with their most secret thoughts and actions. There is no such thing as escaping this duty, if the mother designs to fulfil her duty as the natural protector of her child. Nor can the matter be met half way: however she may have estranged herself from her child by neglect of its morals and associates in its earlier years, we assure her, with great earnestness, and the strongest conviction of its necessity, in alas! too many cases, that young females are the victims of precocious passions as well as our own sex.

She must make her physician her friend, and with his aid and friendly suggestion, inform her child of the legitimate functions of her uterine system, and the great danger of subverting them by improper practices in early life. It would not be proper to enter into further detail on this subject, in a volume like this; but when it has been said by others as well as ourselves, that this vice is of such frequency as to constitute one of the greatest drawbacks to the preservation of youthful life, we feel that a less decisive mention of it, on our part, would have been inexcusable.

CHAPTER XXII.

BARRENNESS.

Sterility proceeds from either a temporary or permanent incapability of conceiving or retaining the embryo, till it acquires a form. The causes producing this incapability, may consist in some mal-

formation or deficiency of the womb, or its appendages, which cannot always be discovered during life, or in merely a weakness in the action of the womb This last is by far the most frequent cause, and it is occasioned by local weakness of the womb, or general affections of the whole system; and is marked usually by an obstruction, deficiency, or redundancy of the menstrual evacuation, or by the complaint termed female weakness.

It may be considered as highly probable, that the absence of the capacity to be impregnated, will sometimes depend upon the imperfect condition of either the uterus itself or of the ovaries. If the former, it may consist in some derangement of the secreting surface of this organ; for, though there may be a regular discharge of a colored fluid, and this so nearly resembling the perfect secretion as to deceive the senses, it may yet want an essential condition or quality, and thus entail barrenness—hence, all women are not fruitful who may have a regular catamenial discharge; though, as far as can be determined by appearances, this discharge is every way healthy, and at the same time, the ovaries free from fault.

If it depend upon an imperfection of the ovaria, it may not, perhaps, admit of relief. The diseases of the ovaria may consist, 1st, in their imperfect development; 2dly, in derangement of structure: 3dly, in a want of a healthy organization of the ova themselves. Now, either of these conditions of the ovaria may be so complete as to altogether destroy their influence upon the secreting surface of the uterus; the catamenial discharge may, therefore, continue, with all due regularity, and yet the woman may be barren; and, hence, this discharge cannot be considered, rigidly, as a constant sign of fertility.

Yet it may be safely admitted, as a general rule,

that women who menstruate regularly without pain, or the expulsion of coagula or false membrane, are fecund; and that the reverse of these conditions is almost sure to be attended with sterility. It may also be observed, that we cannot attach much consequence to the quantity evacuated; for the woman who may evacuate double the quantity of another, is not for this reason more certainly prolific. I have known a number of instances of repeated impregnations, where, as far as it could be ascertained, not more than two ounces were habitually evacuated; and this not occupying more than a day and a half, or two days, for its elimination: while, on the contrary, I have known women who were barren discharge three or four times this quantity, and the fluid bear all the sensible marks of a healthy secretion. From this it would appear, that mere regularity in returns; the elimination of a proper quantity of fluid, and this fluid apparently of a healthy character, do not always declare the woman to be fecund. Yet, when the woman has never menstruated, or when this discharge has altogether ceased, agreeably to the ordinary arrangement of nature, or from disease, she either never becomes impregnated, or ceases to become so, if she ever have been.

We proceed on the principle of rectifying the constitution, where it is injured or weak, and of restoring the menstrual evacuation to its due and healthy state. The means for effecting these purposes, must depend on the situation of the individual.

Causes.—There are chiefly two states of the constitution productive of those deviations in the action of the womb, which cause barrenness. The first is a state of fulness, and a disposition to obesity

The person gradually becomes fat and inactive, the menstrual evacuation continues regular for some time; but at last diminishes, and becomes obstructed, or goes to the opposite extreme, and becomes frequent or profuse. The patient is either barren or subject to false conceptions. This state is to be rectified by spare or vegetable diet, total abstinence from malt liquor, regular and constant exercise, especially early in the mornings and on horseback, the prudent use of laxatives, and after some time the cold bath. These means will, if persisted in prudently, effect the desired changes; but if pushed to an undue degree, and especially if repeated purgatives, and much vinegar, or great abstinence be resorted to, the health may be completely ruined.

The second state is that of relaxation, the habit is spare, instead of corpulent; the mind is lively, and, perhaps, even irritable; the menstrual evacuation either profuse, or it recurs too frequently, and at times clots and shreds are discharged.

This requires a different treatment: the diet, if not unusually nutritive, is at least not to be sparing, the exercise must not be carried the length of fatigue, the cold bath is useful, and strengthening medicines are required.

Such remedies as have been pointed out for the removal of irregularities of the menstrual evacuations, or of the fluor albus, must be employed when necessary.

By persisting carefully in a proper plan, sterility may at length be frequently removed. There are many instances of women bearing children, after having been several years barren.

CHAPTER XXIII.

VARIOUS DISEASES.

Hypochondria, or Hysteric Passion.—These disorders are most common to women, and imitate almost all diseases. They complain of almost every thing, although all have not the same complaints. Sometimes they have ague or hot sweats, and faintness comes on them; but the symptoms are varied according to the temper and constitution of the patient, and her mode of living. All that can give rest or relief is, to administer things to strengthen the blood. Filings of iron steeped in wine, sundue, goldthread, rue, burdock-seeds, and mustard-seed, pulverized and put into brandy, is a superior medicine in cold, phlegmatic temperaments. These hysteric fits differ according to the nature of the patient; therefore the medicine that will help one will hurt another. Sanguine persons cannot bear spirit or cordial, but must have such as tend to quench, in some degree, the animal spirits, as asafœtida, castor, and all fœtid medicines, used in pills, with aloes and myrrh. Let these be given as an attenuative every night. If the person be pale, of a cold, phlegmatic constitution, give ens. veneris, and a preparation of steel, dissolved; also, ens. veneris, given in powder, two or three grains at a time, every morning, and a tea of rue, sage, pennyroyal, and sweet flagroot, in brandy, is good. Hysteric women generally obtain their disease by taking cold in their feet, which stops their menses or courses, and, in a few months, brings on spasms, occasioned by a suffocation of the womb. These fits are exceedingly violent, and will not be cured until

mixed with brandy, and blood root, in powder, a spoonful every morning, taken by a phlegmatic girl, will bring her into order, and cure the fits coming from that cause. But should the fits happen from some other cause, as too much relaxation, which is often the case, and at the same time the woman have her menses once a fortnight or oftener, then they are to be cured by Peruvian bark, sloe-root bark, or fungus.

Rabes, or Hydrophobia.—This is a sort of a disorder occasioned by the bite of a mad dog, or the saliva of some animal which is in rage with this disease. This poison is very strong, so that the cure is difficult after the madness has come on; but as soon as the bite is made, it may be drawn out by many things, as onions beat up with salt and applied to the wound, jalap pounded, put on, and often shifted, till the saliva be drawn out. Give internally snakeroot and camphor, some burn the place with hot iron, others apply a cupping-glass. All that have a great dread of water die of this disorder.

Incubus, or Nightmare—This disease is generally well understood in its effects and symptoms. It is not mortal, though by some supposed to be so; however, it often degenerates in apoplexy. The best cure is, to live temperately and eat light suppers, using anti-flatulents, as anise-seed, burdock-seed, and mustard seed, steeped in spirit and taken at night.

Consumption.—This disease, so common in this climate, is believed to be remedied by observing the following directions and remarks. It is generally occasioned by humors falling down into the lungs,

by which, in process of time, an ulcer is formed; the symptoms are a cough, &c.; when that occurs, it is said to be incurable. But we should not be discouraged. Therefore, in the beginning, remove the defluxion from the lungs before the ulcer is formed. Phlebotomy must be resorted to, a gentle cathartic, and then let the patient live on a milk diet, and take thickening medicines, such as comfrey, mallows, and ground ivy. Riding horseback is a good restorative in all consumptions of the lungs. A hectic fever attends most consumptive persons. Strong purges are to be avoided. Almost all parts of the body are liable to be attacked by consumption, as the liver, kidneys, and mesentery, &c. Those who are disordered in the mesentery have pain about the belly, and knobs are to be felt in the abdomen and about the navel. The signs of a hectic fever are night sweats, red spots on the cheek, the urine has an oil on it like a spider's web. If any person even suspects himself tending to consumption, he may smoke tobacco and colt's foot two or three times a day; spirits of sulphur mixed with conserve of red roses is an excellent article for all ulcers on the lungs. This disease is most likely to prove mortal when it happens between the ages of eighteen and twenty-five years, and is often hereditary. It is communicated to one another by lodging together, or by wearing the same clothes, though not often. If a spitting of blood comes on, runnet may be given.

There are other sorts of consumption, which are occasioned by other distempers, such as a hemorrhage, gonorrhœa, the fluor albus, hypochondria, obstructed menses, pleurisy, &c. In all these, regard is to be had to the primary cause, and all medicines given accordingly. Restoratives are to be given to

prevent the waste of the solids, and for digestion The patient may ride horseback, may frequently eat shell fish, such as oysters, lobsters and clams, during the cure. Every one is best able to judge of his own case in consumption, and can administer medicine according to the symptoms.

CHAPTER XXIV.

THE SHOWER BATH.

This is a species of cold bath, an invention by which water falls from a height through numerous holes or apertures, on the head and body. It may be conveniently made by boring numerous small holes through a tub or half barrel, which must be fastened a few feet above the head of a person. Another tub of a sufficient size to contain two pails of water, must be suspended over the other, and made to turn upon an axis. A rope or cord must be fastened to this, so that it can be inverted or turned downward at pleasure. The person taking the shower bath must place himself beneath, uncovered; and, having filled the tub with water, he will suddenly pull upon the cord, when almost instantaneously the contents of the upper tub or bath will fall into the lower one containing the holes, and the water will thus be conveyed in numerous and copious streams upon the head and body.

The apparatus should be enclosed, as well as the body, in a box or frame a few feet square, or large enough to enable the person to stand or turn round with convenience. A few boards or plank enclosed in a small frame is sufficient for the purpose. Rub the body well with a dry towel after the bathing

This bath may be used in all diseases of the head, epilepsy, nervous complaints, headache, melancholy, hypochondriasis, obstruction of the menses, and such complaints as arise therefrom, delirium, general debility, &c.

Dr. Sylvester Graham, who has become very celebrated on account of his lectures on temperance and diet, recommends, I am told, the shower bath for numerous complaints.

A writer in Zion's Herald, over the appropriate signature "Comfort," has the following interesting remarks on the shower bath, and his own experience in applying the same. We prefer it, whenever and wherever it can be used, to most other forms of cold bathing; and hope that its inconvenience will be obviated—at least in part—by the simple method which is here proposed:

"I had a shower bath made at the expense of ten dollars, and it makes a neat article of furniture in one corner of my chamber. On the top a box, that holds about a pail of water, swings on a pivot, and a string from it communicates inside; and underneath, to catch the water, is a snug-fitting drawer.

Immediately on rising in the morning I shut myself in this enclosure, and receive the contents of the box at the top, let it drip off a moment, and then apply briskly a crash towel, and immediately a fine healthy glow is produced all over the body. The time occupied does not exceed *five minutes:* I have often done it conveniently in three or four minutes, particularly when the wind has been in a cold corner, and all cheerless out of doors; but in these melting times it is too great a luxury to be hurried through with.

I hope all will be induced to try this plan who can possibly raise ten dollars to pay for the bath. I

can assure them they will never put this article aside as useless, or sell it for less than cost. I certainly would not part with mine for ten times its cost, if another could not be procured."

Tepid or warm water will be best for persons in delicate health.

CHAPTER XXV.

EFFECT OF THE TEETH ON THE PERSONAL APPEARANCE.

The expression and general appearance of the face depend much upon the condition of the teeth. If they are perfect, regular, pure, and clean, they contribute more to beauty than any of the other features; but if neglected, diseased, or incrusted with an offensive accumulation, they excite in the beholder both pity and disgust.

To illustrate this fact, the following picture is drawn by Mr. Pleasants, in a work written by him:

"If the sculptor, the painter, or the poet," says Mr. Pleasants, "would invest the production of his genius with those forms of horror at which humanity shudders and recoils, he perfectly comprehends the art of giving to his allegorical personages an array of teeth, black with tartar, mutilated with gangrene, broken by violence, or wrested by distortion. Should Envy present herself in the group, her parted lips would disclose but a single fang. Should Malice approach to persecute his victim, his teeth would be turned away as if by the violence of his passion. Thus the wrinkled witch, the smoky gipsy, the fortune-telling hag, and the freebooter of the seas would lose the proper expression of their distinctive char

acters if supplied with perfect, regular, and beautiful sets of teeth.

"On the other hand, the skilful artist, who would exhibit the amiable and worthy passions in all their loveliness and attraction, bestows untiring labor in the exhibition of perfect arches of teeth, white as monumental alabaster, and regular as the crystal columns in the palace of Odin, inhabited by the virgins of the Valhallah. If he exhibit beauty in her smiles, a colonade of pearls contribute to the enchantment; if he show us Love, with music on her lips, the emblematic purity of her teeth must lend its tributary charm. Thus the ideal Venus of the polished Greeks, as well as the living Beauty in the hamlet of Circassia, would cease to please on the discovery of a sensible defect in these important organs."

A scientific medical writer of Paris thus concludes, in describing the influence of the teeth over the other attractions of the face: "The influence which the teeth exercise over beauty justifies the pre-eminence which I attribute to them over all the other attractions of the countenance. This ornament is equally attractive in both sexes: it distinguishes the elegant from the slovenly gentleman, and diffuses amiability over the countenance, by softening the features But it is more especially to woman that fine teeth are necessary, since it is her destiny first to gratify the eyes before she touches the soul, and captivates and enslaves the heart."

I assent most cordially to the preceding remarks. The dark black eye may be ever so piercing, the soft blue eye may melt with tenderness, the rose may blossom brightly upon a downy cheek, and the graceful form, even of the Venus de Medicis, may be found among the softer sex; yet all charms lose their power if the teeth are defective.

DECAYED TEETH.—If the tooth is habitually painful, clean it and drop in some oil of cloves or powdered opium. If these fail, dip a splinter of any kind into nitric acid, and insert it at the bottom of the tooth; this is to destroy the nerve: if necessary, repeat, and cover with cotton. Great care must be taken not to suffer the acid to get on the gums. The tincture of capsicum is also excellent for pain in and about the teeth; apply it to the tooth, between the lip and gums, and outside of the cheek: very effectual for ague in the face. If these means fail, cut the gum around the tooth, then apply the forceps, (not a turnkey,) and work it backward and forward till a little loose; after which draw directly out in a line with the tooth. In this way it is drawn with one-half the pain produced by the old method. Where the subject of the complaint has not fortitude to have it extracted, an opium pill may be taken. Most of the pain, however, is in anticipation

I once had a patient dreadfully tortured with toothache, who strove several days to obtain courage sufficient to have it taken out; at last she seated herself before me to have it extracted, when the fear of it caused the most exquisite suffering. She began to pray, when in a second I took it out, without pain, being loose and having no prong.

M. Cadet de Gassicourt recommends the following compound as a safe and excellent dentrifice, viz: of white sugar and powdered charcoal each one ounce, of Peruvian bark half an ounce, of cream of tartar one drachm and a half, and of canella twenty-four grains, well rubbed together into an impalpable powder. He describes is as strengthening to the gums and cleansing to the teeth, and as destroying the disagreeable odour in the breath which so often arises from decaying teeth, and, as a *preventive* of tooth-

ache, I have heard washing the mouth and teeth twiee a day with salt and water strongly recommended by a gentleman who had both experienced and observed much benefit from it.

Sidney Bowne states that, at nineteen years of age, four of his upper teeth were much decayed; he filed them apart, brushed them once or twice a day with a hard brush (with cold water and soot from wood ashes) lengthwise of the teeth; the brush to be dipped four or five times in the soot every time they are cleaned. In this manner his teeth have been remarkably preserved.

Says Dr. J. King: "Where the gums are spongy, the teeth loose, and accompanied with hæmorrhage upon brushing, the following forms one of the best tooth-washes ever used. The teeth and gums may be brushed every day for a few days, then every other day, till finally once a week will be sufficient; brushing in the intermediate time with water. *Recipe;* prepared chalk, Peruvian bark, of each equal parts; combine with them a sufficient quantity of tincture of rhatany root to form a thin paste; it is excellent. The teeth must be brushed both front and back; and a brush should be lightly applied to them, with a little water, after each meal regularly."

The mouth should be well washed out with cold water after each meal.

Dr. Skinner's Female Catholicon, or Mother's Relief

We ask particular attention to this Great Medicine, which is designed to prepare the mother for Child-birth, and to mitigate the pains of labor.—Those who have taken it cheerfully certify that they pass through their various periods, and recover their strength in one half the time they did before making use of it; it is to be taken occasionally during the whole period of pregnancy. The medicine is purely Vegetable, and harmless in its operation, and in all cases gives tone and energy to the system.

Every lady who values her health and comfort, would do well to try it. Its use will prove to be its best recommendation. We might give many certificates of its great value, but the peculiar delicacy of the subject precludes our doing so. Any person interested in the matter may examine them at our office. We will insert only one out of many.

DR. SKINNER :—This certifies that we have made use of the *Female Catholicon* during the time of our critical period, and we cheerfully bear witness to its great value for the purpose for which it is intended. Its use has so aided us, that we have passed through our period of labor with one half the pain and difficulty that we did before using it, and we would urge all our sex who are likely to become mothers, to try it, and satisfy themselves of its great utility.

MARY LANE,	JANE MACKINTOSH,
NANCY JONES,	MATILDA ATWELL,
SARAH MELLIKIN,	ELIZABETH STONE.

Signed also by more than a hundred others.

☞ The medicine is put up in bottles, and can be sent by express to any part of the country.

Price, 50 cents a bottle, with full directions.

☞Office, 60½ Cornhill, (up stairs,) Boston.

Particular Notice to Married Women.

DR. SKINNER still continues his practice at No. 60½ Cornhill, (up stairs,) for the Cure of all those complaints peculiar to Females, such as Fluor Albus, Retention and Suppression of the Menses, Falling of the Womb, Nervous Irritability, &c. &c.

His great success in this particular branch of medical practice, enables him to offer his services with confidence to the afflicted. His remedies are strictly Vegetable, and can in no case do harm. Testimonials from some of the most respectable Ladies in the community, who have been cured of chronic weakness by his treatment, could be given, but delicacy and propriety forbid our using their names. Persons in the country wishing to make trial of his remedies, by sending a description of the nature of their complaints to his office, will receive a package of suitable remedies, with full written directions.

DR. SKINNER'S WOMAN'S ALTERATIVE POWDER, for the cure of *Fluor Albus*, or *Whites*, (a complaint which now afflicts nearly half of our married females, leading them on by degrees to certain death.) I have used this remedy for some years in my own private practice, and in more than two-thirds of the cases in which I have prescribed it, a speedy cure has followed. It is now put up in this form for the purpose of giving it a more general circulation, and thereby benefiting the thousands of mothers who are now suffering by this disease.

The Powders are put up in neat packages, with full directions, and will be sent to any part of the country by express. Price, 50 cents a package.

Sold at my office, 60½ Cornhill, (up stairs,) Boston

H. B. SKINNER, M. D.

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